

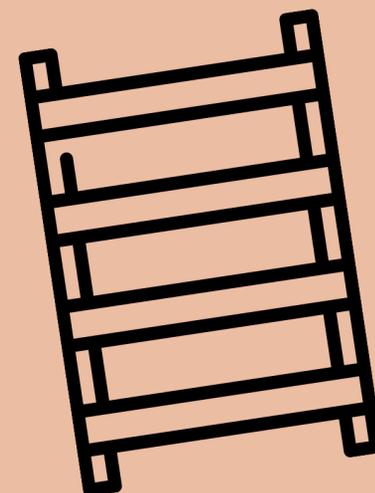
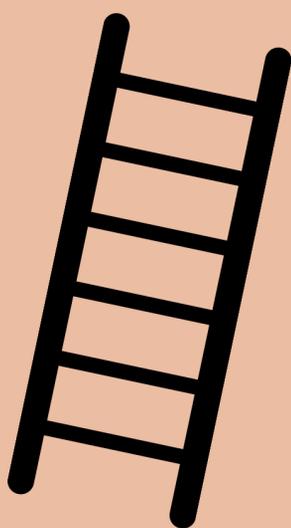
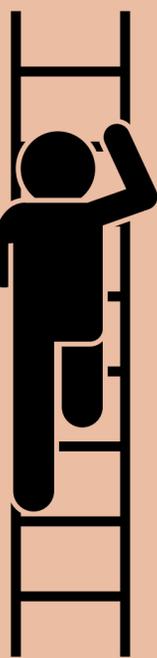


KidsRUN^{RVA}



ACTIVITY OF THE WEEK The Ladder Workout

Start at the bottom of the ladder & work your way up, completing the exercises listed on each rung of the ladder. Once you make it to the top, the challenge is to make it back down to the bottom! If you need to take a break, that is okay! It is not a race . . . unless you want it to be!



10 Lunges
9 Sit Ups
8 Squat Jumps
7 Push Ups
6 Star Jumps
5 Burpees
4 Rounds of Quick Feet – 15 seconds each
3 Rounds of 10 Jumping Jacks
2 Wall Sits – 30 seconds each
1 Minute Plank

Got questions? Get answers at our Workout Wednesday session or by emailing KidsRunRVA@sportsbackers.org