

Ladder Workout

**Complete all exercises listed at 10 reps.
Rest for up to 1 minute. Then, repeat at 9 reps, 8 reps,
7 reps and so on until you reach 1 rep.**

This workout requires no equipment except your own body weight. By its nature, a ladder workout is high in volume, which means you'll be doing a lot of work--about 56 repetitions of each exercise by the time you're done. Total workout time about 60 minutes.

Warm Up

Spend at least 3 minutes easing into the workout with your favorite warm up moves.

Exercises

- Squats
- Push-ups
- Alternating front/side lunge
- Slow bicycles
- Modified burpee
- Reverse plank
- Squat jump
- Walkouts
- Reverse crunch
- Single-leg glute bridge

Get instructions on these exercises and more great workouts at www.evolvefitnessandcoaching.com