

Xcel and JOGA Tuesday Zoom - Ladder Workout

WORKOUT – LADDER DOWN 10 -> 1

Directions: You are going to do the following list 10 times. It's a ladder from 10 down to 1 – the first time through you do 10 of each exercise, then the second time through you do 9, third time is 8...all the way until the last set where you do 1 of everything.

Exercises

- Side plank dips (each side)
- Jumping lunges (each side counts as 1 – for 10, you do a total of 20; 9 total of 18...)
- Push ups
- Straddle ups – like a v-up, but in a straddle
- Squat jumps
- Arch ups

STRETCH – right/left/middle splits, standing and seated pike, bridges