

Complete this workout in descending order. It should be done as a build and add. Each box is a rung on the ladder. Each time you progress to the next rung you should start at the beginning. For example you should do 1 flight of stairs followed by 1 flight of stairs and 5 squats. Following this complete 1 flight of stairs, 5 squats and 5 push ups. Progress through until you reach the bottom.

## Ladder Workout

