

# 15 Ladder Workout

Try this progressive ladder workout for a fun change to your normal routine!  
You will need a medicine ball and a mat.

**Directions:** Complete either 15 repetitions or 15 seconds as indicated for the exercises below. To progress up the ladder, start at the bottom and complete the first exercise before moving to the next one. Continue going back to the beginning of the ladder until you have completed all 15 exercises consecutively in the final round.

### Ladder Progression:

- Round one: Complete 15 jumping jacks
- Round two: Complete 15 jumping jacks and 15 air squats
- Round three: Complete 15 jumping jacks, 15 air squats and 15 ball slams
- Keep going until you complete all 15 rounds!

### Success!



### Trainer Tip:

Be sure to take rest intervals as you need them.

Start here!