

Try this progressive ladder workout for a fun change to your normal routine! You'll also be doing a set of stairs in between each set, so get ready to challenge your cardio stamina! Are you ready to take the stairway to heaven?

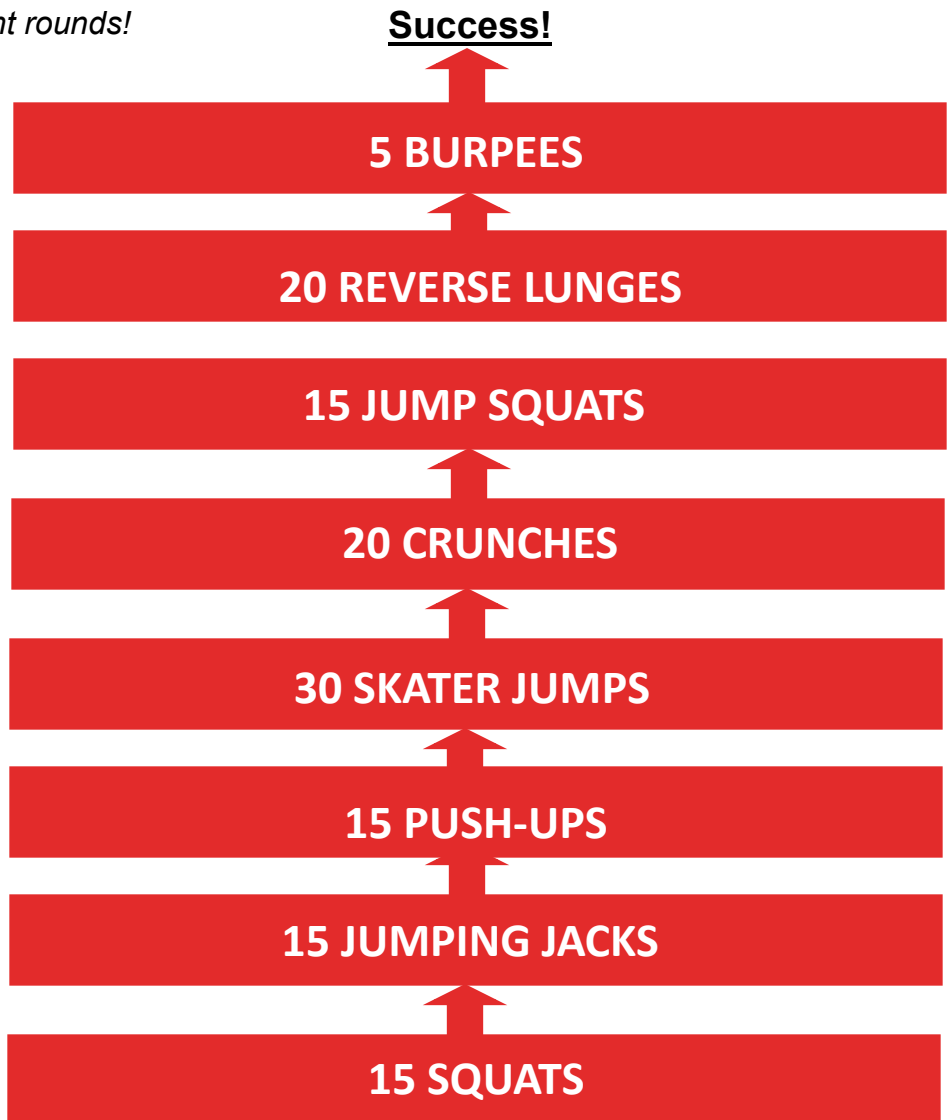
Directions: Complete the stated number of reps or seconds for the exercises below. To progress up the ladder, start at the bottom and complete the first exercise before moving to the next one. Continue going back to the beginning of the ladder until you have completed all eight exercises listed in the red blocks. You'll be completing one set of stairs in between each exercise, so every time you see an upward arrow, that's your cue to complete one flight of stairs! If you don't have access to stairs, or your set of stairs is very short, complete 15 seconds of high knees followed by 5 lunges on each leg.

Ladder Progression

- Round one: Complete 15 squats and a flight of stairs
- Round two: Complete 15 squats, 15 jumping jacks and a flight of stairs
- Round three: Complete 15 squats, 15 jumping jacks, 15 push-ups and a flight of stairs
- Keep going until you complete all eight rounds!

Trainer Tip:

Be sure to take rest intervals as you need them.



Stairway to Heaven!

Squat

Stand with your feet about shoulder-width apart and your toes facing forward or slightly out. Pull your shoulders back and press your hips back as you bend your knees, lowering your weight until your quads are nearly parallel to the floor. Make sure to keep your weight spread throughout your whole foot. Return to the starting position.



Jumping Jacks (or Steps)

Begin by standing with your arms at your sides. Step your feet out one at a time while simultaneously lifting your arms up to the sides of your head and back down. Repeat continuously. To make this move more advanced, jump both feet out into a wide stance while simultaneously lifting your arms.



Push-ups

Place your hands a little wider than your shoulders on the floor or a mat. Extend your legs behind you, with your weight on your toes and your body in a straight line from shoulders to heels. Slowly bend your elbows as you lower your body toward the mat. Press your hands hard into the ground, and raise yourself up from the floor into your starting position.



Skater Jumps (or Taps)

Begin by standing with your feet together. Carefully hop or step your right leg to the right, bringing your left foot behind it to tap the ground on a diagonal. Then, immediately hop or step to the left with your left leg, tapping your right foot behind it on a diagonal. Repeat continuously.



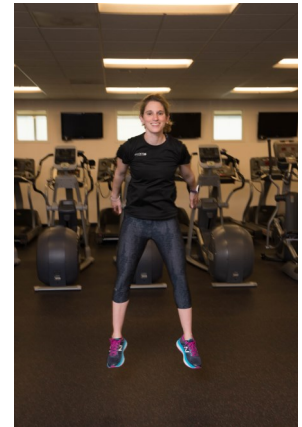
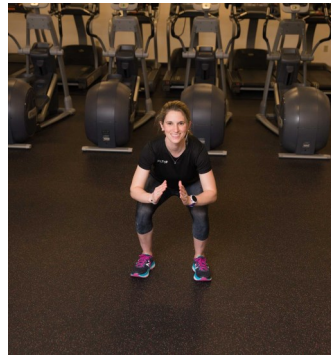
Crunches

Lie on the floor or a mat with your feet flat on the ground, knees bent and arms crossed over your chest. Crunch up, lifting your shoulder blades off the ground, and then lower back down to the starting position.



Jump Squats

Stand with your feet about shoulder-width apart and your toes facing forward or slightly out. Sit back into your squat, keeping your weight spread throughout both feet. Quickly push off the ground, and explode into the air. Land strong back into your squat.



Reverse Lunge

Begin in a standing position. Take a step backward with one foot, and slightly push your hips back. As the ball of your back foot makes contact with the ground, drop your body into a lunge position. After you reach a level comfortable for you, push off your back foot, and return to your standing position. Repeat with your opposite leg.



Burpees

Begin standing upright. Bend down, and place your hands shoulder-width apart on the ground. Jump your legs back behind you so that you are in high plank position. Immediately perform a push-up and then jump your legs back in and jump up with hands overhead.

