

Take your workout outdoors! Find an area outside with plenty of room and complete the below exercises.

This workout is a ladder, you will start with higher reps and end with less reps for each exercise.

Encourage your friends or family members to join you in completing the workout as well and see who can finish it first!

## TRACK YOUR PROGRESS

Cross off each set as you go!

EXERCISE	SET 1	SET 2	SET 3
<a href="#"><u>Pop Squat</u></a>	20 reps	15 reps	10 reps
<a href="#"><u>Curtsey Lunge to Squat</u></a>	30 reps ( 15 each side)	20 reps (10 each side)	10 reps (5 each side)
<a href="#"><u>Single Leg Sprinters</u></a>	30 reps (15 each side)	20 reps (10 each side)	10 reps (5 each side)
<a href="#"><u>Pushups</u></a>	20 reps	15 reps	10 reps
<a href="#"><u>Glute Bridge Walkouts</u></a>	20 reps	15 reps	10 reps
<a href="#"><u>High Plank to Down Dog</u></a> <a href="#"><u>Shin Taps</u></a>	20 reps	15 reps	10 reps