

Workout of the Day!

5 Day Challenge – Day 3

Each day will get a little longer, a little harder for 5 days!

Ladder Drill

50 minutes

Find a Chair, Couch or Cooler ...

Reps increase: 10 - 20 - 30 - 40 and so on until time limit – 50 minutes

At the 0:00, 10:00, 20:00, 30:00, 40:00 Do Burpees*

Box Squats (Single leg if possible)

Dips w/ crab toe touch

Step Up to Reverse lunge

Incline Pushups (hands on chair)

Plank Knee Tucks (feet on chair)

* Burpees:

Beginner 10

Intermediate 15

Advanced 20

Cool Down and Stretch

Check out the exercises on Instagram or Facebook