

## **Workout of the Day!**

### **30-40 Min Leg and Core Ladder Drill**

Equipment: timer/clock

#### **Warm Up:**

Choose any of the options

½ Mile Run / 3:00 Jump rope / 4 Min. AMRAP of 20 Jumping Jacks, 15 Squats, 10 Pushups, 5 Inchworms

#### **Workout:**

Rotate through exercises while decreasing reps 20 – 18 – 16 – 14 – 12 – 10

Reverse Curtsy Lunges

V-Ups

Single Leg Glute Bridges (Each side)

Reverse Crunches

Stiff Leg (Romanian) Deadlifts

Bicycle Crunches (Each side)

Front Squats

Double Crunches

**\*at 5 minute intervals insert**

15 Burpees

**Cool Down and Stretch**