



Full Body Ladder Workout



Created by Josch from Sidefits

Work Hard - Work Out Harder

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17 min.
40 sec.

Difficulty
3.5



Flexibility

0%



Strength

0%



Muscle End.

79%



Cardio

20%

6

Exercises

Tags:

Upper Body

Core

Back

Full Body

Ladder

1 x Runde 1

Pushup Row	30Reps
Pushup	20Reps
Starfish Superman	20Reps
Sumo Squats	25Reps
Burpees	20Reps
Hips Raise Crunch	25Reps

1 x Runde 2

Pushup Row	20Reps
Pushup	18Reps
Starfish Superman	18Reps
Sumo Squats	20Reps

Burpees	18Reps
Hips Raise Crunch	20Reps
1 x Runde 3	
Pushup Row	15Reps
Pushup	15Reps
Starfish Superman	15Reps
Sumo Squats	15Reps
Burpees	15Reps
Hips Raise Crunch	15Reps
1 x Runde 4	
Pushup Row	10Reps
Pushup	10Reps
Starfish Superman	10Reps
Sumo Squats	10Reps
Burpees	10Reps
Hips Raise Crunch	10Reps
<div> <div>Description</div> <div> <p>This one is quite demanding, but the harder the workout, the better the feeling afterwards! If you had enough after the third round, it's a good point to stop. Go for the win but know your limits. Tomorrow is another day.</p> </div> </div>	

Exercise descriptions



Pushup Row

Start from a pushup position and alternately pull one arm up, close to your body. Keep your back straight.



Pushup

Take a shoulder wide stance and go down so that your elbows form a 90 degree angle. Keep your back straight.



Starfish Superman

Start from a superman position and outstretch arms and legs t to the sides and return to the superman.



Sumo Squats

Start from a wide stance and pay attention that your back is straight when going down. Push your butt back and keep the weight on your heels while your knees point slightly outward. Your legs should be bent 90°, if too hard, take a higher squat position.



Burpees

Starts out in a low squat position with hands on the floor. Next, kick the feet back to a pushup position, complete one pushup so that your chest touches the ground, then immediately return the feet to the squat position. Leap up as high as possible before moving back into the pushup portion.



Hips Raise Crunch

Lie on your back and place your hands slightly under your butt. Then, bring your legs up and push yourself up with the hands so that your lower back does not touch the ground anymore and forms a straight line with your legs. Bring your legs down again, outstretch them in parallel to the floor without touching it and repeat.

This workout has been created by a user. Participation at own responsibility. Please always pay attention to your health, reach out for the limit but stop if it gets too tough.