

# LADDER WORKOUT

#purelyfitlife #17

Start at 1 and build up to 30.

**TRIANGLE TOE TOUCHES**



**SUPERMANS**



**CROSS OVER TUMMY TUCKS**



**FROG JUMPS**



**LOWER AB RAISES**



**SUMO SQUAT WITH TWIST**



**BRIDGE PULSES**



**ALTERNATE LUNGE WITH CHOP**



**TRICEP DIPS**



**BURPEE**

