

WORKOUT #3

“LADDER CHALLENGE”

WARM-UP (5-10 MIN)

WORKOUT

COMPLETE IN BEST TIME POSSIBLE:

100 JUMP ROPE
90 BICYCLE CRUNCHES (45/SIDE)
80 BENCH STEP-UPS (40/SIDE)
70 JUMPING JACKS
60 SQUATS
1/4 MILE RUN
50 BICEP CURLS
40 SIDE LUNGES (20/SIDE)
30 CRUNCHES
20 PUSH-UPS
10 SHOULDER PRESS
1/2 MILE RUN

3-5 MIN REST

CORE WORK – COMPLETE 1-3 ROUNDS

30 SEC CRUNCHES
30 SEC BENT KNEE CRUNCHES (90° ANGLE)
30 SEC CRUNCHES (LEGS STRAIGHT UP)

COOL-DOWN (5-10 MIN)

STRETCH OUT WELL!

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