EPSC LADDER WORK OUT

WARM UP:

- 30s Star Jumps/ 30s High Knees/ 30s Mountain Climbers **(x2)**
- 5x Lunges Per Leg/ 5x Spidermans per leg/ 5x Thoracic Rotations per side
- 30s Plank/ 30s Dead Bug Hold/ 10x Squat to Streamline

The 4 Exercises are:

PRESS UPS, TOE TAPS, SQUAT JUMPS, LEG RAISES.

Example - 10 Press ups, 10 Toe Taps, 10 Squat Jumps, 10 Leg Raises. Repeat as 9, 9, 9, 9 etc.

10 - 10 - 10 - 10

9 - 9 -9 - 9

8 - 8 - 8 - 8

7 - 7 - 7 - 7

6 - 6 - 6 - 6

5 - 5 - 5 - 5

4 - 4 - 4 - 4

3 - 3 - 3 - 3

2 - 2 - 2 - 2

1 - 1 - 1 – 1

Can you go back up….

COOL DOWN:

- Glute Stretch/ Cobra Stretch/ Pectoralis Major Stretch/ Triceps Stretch