

# W.O.W.

WAC ON WELLNESS

## CLIMB THAT LADDER

Try this ladder format, bodyweight workout anytime, anywhere! All you need is yourself and some good pump up jams for this killer sweat session!

**TIME:** 30-45 minutes

**EQUIPMENT:** Secured TRX strap  
2-3 Kettlebells ranging from Light-Medium-to Heavy

LEVEL	TIME PER EXERCISE
Beginner	20 Seconds
Intermediate	30 Seconds
Advanced	40 Seconds



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**INSTRUCTIONS:** Start by completing just the first exercise on the list. For each round, you will complete the previous exercise and add one more to the sequence for a total of 10 rounds. You'll be working your way up the "ladder" so that the first round has just one exercise, the second round has two, the third has three, etc. until you get to round ten with ten exercises! Work for the amount of time listed above according to your skill level. Give yourself a 5 second transition between exercises, and rest for about 30 seconds after every round. Also, be sure to include a 5-10 minute warm up (example: jogging in place, jumping rope, dynamic stretches, etc.) and cool down (example: static stretching) with this workout.

- Jumping jacks
- Cross body mountain climbers
- Quick feet
- Table top hold
- Burpees
- Star crunches
- Squat to front kick (alternating legs)
- Supermans
- Broad jump and back pedal
- T rotations (add pushup for advanced stage)

*See a Personal Trainer for more detailed instructions or a demonstration.*



**Wisconsin Athletic Club**  
**FIND YOUR FIT.**

Always consult your physician before starting any exercise program.  
[www.thewac.com/wow](http://www.thewac.com/wow)