

# Fitness From a Distance Workout



## **FOCUS:**

Total Body

## **Description: Ladder Sets**

- You will perform each set of exercises
- Each set has two exercises
- Each set has 110 reps (55 for each exercise)

You will do 10 reps of the first exercise and then do 10 reps of the second exercise. This is the first "rung" of the ladder. Now we must make our way down the ladder. You will go back to the first exercise and do 9 reps then 9 reps of the second exercise. Then we do 8 reps, then 7 reps, then 6 reps all the way to 1 rep for each exercise. No breaks until you finish both exercises climbing down the rep ladder from 10 to 1. Once finished take a 1-2 minute break and move onto the next set of exercises and repeat the process.

## **Exercises**

Set #1

Push Ups

Tricep Dips from a bench or a chair

Set#2

Bent Over Row

Standing Overhead Press

Set #3

Squats (weight option)

Forward Stepping Lunges (10 each leg, weight option)

Set #4

Bicep Curls

Lateral Raises

Set #5

Chest Press

Supine (on back) Tricep Ext (tap the floor over your head with weight and keep you elbows directly above your shoulders)

