

CHALLENGE 1 LOWER BODY-ABS

you need : towel, waterbottle,
optional : mat



Sequence : warm-up for at least 5 minutes
perform the challenge up to 10 or 15 repetitions for a 20 minute workout
cooldown and stretching for at least 5 min

In ladder challenges you will build up the number of repetitions of any 2 or 3 exercises you like targeting different parts of your body, starting at 1 rep, then performing 2, then 3 and so on up to 10 or 15

In this one you will perform a lying leg raise followed by a squat, to make it more challenging add jumps in between

Leg raise + Squat

- 1 leg raise + 1 squat**
- 2 leg raise + 2 squat**
- 3 leg raise + 3 squat**
- 4 leg raise + 4 squat**
- 5 leg raise + 5 squat**
- 6 leg raise + 6 squat**
- 7 leg raise + 7 squat**
- 8 leg raise + 8 squat**
- 9 leg raise + 9 squat**
- 10 leg raise + 10 squat**