

CHALLENGE 2 FULL BODY

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 push-up (inclined/knees/toes) followed by a tuck jump, to make it more challenging hold 2 sec when you're in the lowest position of the push-up

Push up + Tuck jumps

- 1 push up + 1 tuck jump**
- 2 push up + 2 tuck jump**
- 3 push up + 3 tuck jump**
- 4 push up + 4 tuck jump**
- 5 push up + 5 tuck jump**
- 6 push up + 6 tuck jump**
- 7 push up + 7 tuck jump**
- 8 push up + 8 tuck jump**
- 9 push up + 9 tuck jump**
- 10 push up + 10 tuck jump**