

Workout Of The  
Week #5



February  
5 - 11

# Winter Warrior Challenge

## Ladder Workout Overview

Round 1: 4 Minutes of Cardio followed by 40 Reps of each exercise listed below.

Round 2: 3 Minutes of Cardio followed by 30 Reps of each exercise.

Round 3: 2 Minutes of Cardio followed by 20 Reps of each exercise.

Round 4: 1 Minute of Cardio followed by 10 Reps of each exercise.

## Equipment Needed:



5 - 10 lb Dumbbells

+



Yoga Mat

+



Step

Follow the workout overview above. Start with cardio of your choice (ie. Running).

Exercise 1  
Squat & Press  
(with or without dumbbells)



Exercise 2  
Super(wo)mans  
(Grab a mat and get to work)



Exercise 3  
Push-ups  
(On your toes or against a wall)



Exercise 4  
Elevated Crunch  
(Grab a chair, bench, or use your couch)



Take a 1-minute break! Then repeat by following the ladder workout above.



Visit the City of Leduc YouTube Channel  
to watch this workout video.



DO  
your  
THING.