

BW Ladders QT Workout

MOB: 5min

5x WGS rotations

5x Hamstring Squats

5x Reverse Lunge w/ twist

WarmUp

2sets

10x Squat Walkout +push-up

10x Cossack squat each

10x Pause Pushups

5min Standing Cardio

Jumping Jacks, High Knees, Speed skaters, Butt kickers

Then

10-1

Burpee broad Jump (2-3ft, can be done in place)

Mountain Climbers Each

Rest 2min

10-1

Dbl Foot Hurdle jumps (side - side = 1rep)

(Pick and object to jump over 6-10")

Push Up

Rest 2min

10-1

Sit-up

30" Standing Cardio or 100m run