

LADDER UP – RU Fit Virtual Workout - #6

Set up: Set a timer for 1 min interval. Use a mat or towel, if available

Warm Up Total Time: 4 min	Complete 60sec of each exercise 1 round
Exercise	Description
Inch Worm	Start standing with feet hip width apart. Hinge forward and place palms onto the floor. Walk hands forward into a high plank. Shoulders should be stacked over wrists. Walk hands back toward feet and stand up. Modification: Go Slow
Lateral Lunges	Start with feet hip distance apart, step out to the right and shift body weight over the right leg, squatting to a 90 degree angle. Keep the chest lifted and brace your core. Push through the side of the foot to land with feet together. Perform on the left side, with the same form.
Downward Facing dog to knee drive	Starting in plank position, press the floor away from you as you lift your hips up. Bring one leg forward to the chest. Bring the leg back into a downward dog. Bring opposite leg forward and repeat exercise. Modification: Hold Downward Dog
Wide Push up to Superman	Lay face down on the mat, with arms outstretched. Keep hands and arm straight throughout the exercise. Raise hands and legs 4-5 inches off the ground. Hold for 5 seconds, then return to starting position. Place hands on the floor just wider than shoulder width, and begin in plank position with a long, flat back. Brace the core and glutes while you bring chest to elbow height. Push through the palms and return to plank position Modification: Perform on knees

Workout Total Time: 24 min	Participants will complete 5 reps of exercise 1, followed by 5 reps of exercise 2. Immediately perform 10 reps of exercise 1, followed by 10 reps of exercise 2. Continue the pattern of reps following the format of 5,10,15,20. Try to get as high up on the "ladder" in 5 minutes. Perform the same format for 4 blocks.		
Exercise 1	Description	Exercise 2	Description
Star Jump	Start in a kneeling position, one foot at a time, land into a low squat position. Push off the balls of the feet and perform a squat jump. After you land, go back down, one foot at a time, to a kneeling position Modification: Squat Pulse	Squat Jumps	Stand with feet wider than shoulder width apart and toes pointed out. Push the hips back, bend the knees to bring the weight into the heels, at this position, do 3 pulses. Keep the chest lifted and brace the core. As you stand, push through the heels Modification: No Pulse
Triple Pulse Sumo Squat	Stand with feet wider than shoulder width apart and toes pointed out. Push the hips back, bend the knees to bring the weight into the heels, at this position, do 3 pulses. Keep the chest lifted and brace the core. As you stand, push through the heels Modification: No Pulse	Burpee with Clap overhead	Stand with feet shoulder- width apart. Push the hips back, bend the knees, and lower into a squat. Place the hands on the ground and jump the feet back into a plank. Jump feet back in, outside the hands. Clasp the hands together, reach arms overhead, and perform a slamming motion as you go back town to the burpee Modification: No Slam
Tuck Jumps	Start by standing with your feet a little less than shoulder-width apart. Drop down a little into a quarter squat then explode into the air. Keep your back straight and tuck your knees in to your chest as much as possible. Land soft Modification: Perform without the tuck	Good Morning to Squat	Start with feet hip distance apart and fingertips to temple. With a slight bend of the knees, lean forward till the upper body is parallel to the ground. From there, bend knees and drop butt down till legs form a 90 degree angle. Push through the heels and stand Modification: Squat Only
Reverse Crunch	Start lying down with arms to the side. Raise legs and bring the knees up towards the chest and raise the hips off the floor. Slowly lower legs back Modification: Go Slow	Plank Jacks	Start in a plank position, resting on your forearms with your body forming a straight line from shoulders to feet. Jump both feet wider than shoulder width, than back in. Modification: Walk feet instead of jump

Stretch Total Time: 2 min

1) Lunge (R+L)

2) Forward Fold

3) Quad Stretch (R+L)



RU FIT VIRTUAL WORKOUT 6

LADDER UP

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Total time: 4 min

WARM UP

Complete 60sec of each exercise 1 round

InchWorm

Lateral Lunges

Downward Facing Dog to Knee Drivee

Wide Push Up to Superman

Total time: 24min

WORKOUT

Block

Exercise 1

Exercise 2

Block 1

Star Jump

Shoulder Tap

Block 2

Triple Pulse Sumo Squat

Burpee Slam

Block 3

Tuck Jumps

Good Mornings to Squat

Block 4

Reverse Crunch

Plank Jacks

STRETCH

Hold each stretch for 20-30sec

Stretch 1: Lunge (R+L) with Shoulder Stretch
Stretch 2: Forward Fold
Stretch 3: Quad Stretch (R+L)