

Coach Mike's Personal Training, LLC

Reni Rodriguez

Anterior Ladder Workout

Note: Remember to breathe in through the nose on “relaxed” phase of movement and out through the mouth on “exertion” phase. As discussed, if you feel dizzy or lightheaded back off the intensity or stop. If the feeling continues let your parents know.

“Dynamic Warm-Up”. Each 30 – 45 Seconds.

- Butt Kicks – Arm Cross
- High Knee March – Arm Raise
- 3 Point Potations
- Posterior Swings
- Arm Circles (Small - Forward & Back)
- Bent Over Flies

Core Circuit:

Perform: 3 set of the following circuit, with a 30 second rest in between. Rest 1 Minute before going to “ladder” work.

- Plank – 30 seconds. Keep your hips level, glutes tight, abs engaged.
- Superman - 30 seconds.
- Oblique Twists with a basketball – 12 taps each side.

Anterior Ladder Circuit:

Anterior is just the “front of the body”. “Ladder” refers to the way we will count. Perform pushups, either regular, assisted (knees on floor) or inclined on the stairs as long as your elbows are in so we are not over working your shoulders and body weight squats as follows:

- 10 Pushups – 1 Squat – Rest 20 to 30 seconds.
- 9 Pushups – 2 Squats – Rest 20 to 30 seconds.
- 8 Pushups – 3 Squats – Rest 20 to 30 seconds.
- 7 Pushups – 4 Squats – Rest 20 to 30 seconds.
- 6 Pushups – 5 Squats – Rest 20 to 30 seconds.
- 5 Pushups – 6 Squats – Rest 20 to 30 seconds.
- 4 Pushups – 7 Squats – Rest 20 to 30 seconds.
- 3 Pushups – 8 Squats – Rest 20 to 30 seconds.
- 2 Pushups – 9 Squats – Rest 20 to 30 seconds.
- 1 Pushup – 10 Squats – Rest 20 to 30 seconds.

Stretch and enjoy the day!