

Coach Mike's Personal Training, LLC

Reni Rodriguez

Posterior 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
- Hand to Opposite Foot Kicks
- 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 – 15 taps each side.

Anterior Ladder Circuit:

Posterior is just the "back of the body". "Ladder" refers to the way we will count. Perform **either pull ups or bent over rows with dumbbells** and body weight leg curls on the stability ball as follows:

- 10 Pull-ups – 1 Stability Ball Leg Curl – Rest 20 to 30 seconds.
- 9 Pull-ups – 2 Stability Ball Leg Curls – Rest 20 to 30 seconds.
- 8 Pull-ups – 3 Stability Ball Leg Curls – Rest 20 to 30 seconds.
- 7 Pull-ups – 4 Stability Ball Leg Curls – Rest 20 to 30 seconds.
- 6 Pull-ups – 5 Stability Ball Leg Curls – Rest 20 to 30 seconds.
- 5 Pull-ups – 6 Stability Ball Leg Curls – Rest 20 to 30 seconds.
- 4 Pull-ups – 7 Stability Ball Leg Curls – Rest 20 to 30 seconds.
- 3 Pull-ups – Stability Ball Leg Curls – Rest 20 to 30 seconds.
- 2 Pull-ups – 9 Stability Ball Leg Curls – Rest 20 to 30 seconds.
- 1 Pull-up – 10 Stability Ball Leg Curls – Rest 20 to 30 seconds.

Stretch and enjoy the day!