

# WEEKEND WARRIOR WORKOUTS

## Down The Ladder

Perform the following exercises rest when needed

**10 Push-ups or (20sec Plank)**  
**10 Knee Grab Sit-ups**  
**10 Squats**

**9 Push-ups or (20sec Plank)**  
**9 Knee Grab Sit-ups**  
**9 Squats**

Continue Down The Ladder until you get to 0

To make it a little easier start at a number you can handle. For example start with 6 reps of each exercise followed by 5 reps and work down to 0.

Questions about this workout? Please post them in the comments section