

369 SWEAT!

Use this ladder workout to tone and burn all at once. Three days are given here--you're not meant to do them all at once!

Options for a move increase in difficulty (beginner/moderate/intense).

**All physical activity should be done at your own risk with your personal safety as a priority. If at any time you feel faint or pained, STOP. This workout is meant as a guideline of ideas and should be practiced with care.

Warm Up (5 mins)

March in place 1 minute (Or jump rope or jumping jacks)
10 squats holding form (be sure your knees don't go over your toes!)
10 toe-touches (or touch your shin/knee depending on flexibility)
[Lateral shuffle](#) 1 minute
10 cross-body jabs (punches) each side
10 situps OR mountain climbers
March in place/jump ropes/jumping jacks

Main Sets*

(Day 1)

3 jumping jacks/ jump rope/ burpees
6 pushups (on knees is fine!)
9 squats (watch those toes!)
6 pushups
3 jumping jacks/ jump rope/ burpees
1 min rest/march in place

Repeat 3-5x

(Day 2)

30 seconds [fast feet](#) OR 3 explosive squat-jumps
6 [tricep dips](#) OR triceps with dumbbells
9 [curtsey-lunges](#) OR side-steps with resistance band
30 seconds [fast feet](#) OR 3 explosive squat-jumps
6 [tricep dips](#) OR triceps with dumbbells
1 min rest/march in place

Repeat 3-5x

Day 3

30 crunches (or to fail)
6 [inchworms](#) OR shoulder press with holding dumbbells or resistance band
9 [sumo squats](#) (optional squat jump)
30 crunches (if you can't do 30, do what you can!)
6 [inchworms](#) OR shoulder press with holding dumbbells or resistance band
1 min rest/march in place

Repeat 3-5x

Cool Down

Stretch. [Here's](#) a good routine if you need it!