

# CHI WORKOUT

## HOME WORKOUTS – Ladder Work with Melisa

**START with a 10 minute walk/run!**

### **Circuit 1 – Ladders 10,9,8...1**

Squat Jump  
Weighted Squats  
Lunges  
Curls with Calf Lift  
Wide Squats  
Plank with Hip Drops  
Side Plank with Hip Drop (*both sides*)  
V-up  
Ankle Touches

### **Circuit 2 – # indicates # of reps. Go through 10...1 then again 1...10**

10. Triceps Extensions  
9. Squat Jump  
8. Bicep Curls  
7. Chest Press  
6. Star Jack's (or regular jacks)  
5. Push-ups  
4. Sit-up with Reach  
3. Pikes  
2. Donkey Kicks  
1. Burpee

**END with a 10 minute walk/run!**



*DISCLAIMER - You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge HaysMed- The Center for Health Improvement from any and all claims or causes of action.*