

## summer slim down

# 10-20-30-40 ladder

COMPLETE 4 ROUNDS: ROUND 1- 10  
REPS, ROUND 2- 20 REPS, ROUND  
3- 30 REPS, ROUND 4- 40 REPS

Mt. Climbers  
Narrow Squat  
Jumping Jacks  
Wall Push Ups  
Skaters  
Russian Twists