

# 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