

Bootcamp Ladder Workouts

Welcome from Mike Whitfield & Workout Finishers



And we go up and down and up and down... good times. Ladders, as you know, is a refreshing method to use with any workout, especially bootcamp workouts.

It certainly breaks up the monotony and abolish bootcamp boredom. But when it gets really fun... and I mean freaky fun, is when you use metabolic resistance training and workout finishers with this crazy ladder method.

So, brace yourself as you use these ladders and prepare to get your shirt wet. You're going to see how much you can do in a little bit of time.

I'll see you at the top (of the ladder). I know, that IS hilarious.

Whatever. Go work out.

**Finish Strong,
Mike Whitfield, CTT
Author, Workout Finishers**

PS – For more metabolic finishers, check out these sites:

www.WorkoutFinishers.com - Get 40 metabolic finishers you can use with any workout for shocking fat loss results

www.TrainwithFinishers.com - Blog dedicated to metabolic resistance training and finishers

www.facebook.com/WorkoutFinishers - See you on facebook? Yes, you will.

Disclaimer:

You must get your physician's approval before beginning this exercise program.

The recommendations in this and any other document are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this or any other program or if you have any medical condition or injury that can possibly worsen with physical activity. This program is designed for healthy individuals 18 years and older only. The information in this document is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. Mike Whitfield, or anyone associated with Crank Training, LLC advises readers to take full responsibility for their safety and know their limits. Before partaking in the exercises in this or any other program, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified fitness trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. **Always** do a warm-up prior to any exercise including but not limited to interval training. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including but not limited to Crank Training / WorkoutFinishers.com. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use this or any other program, please follow your doctor's orders.

Train SAFE!

- Don't do any exercises that you aren't sure how to do. Always get personal instruction from a certified trainer or ask for a substitute exercise.
- Do this finishers workout program for four weeks, then switch to another finishers workout program
- Don't be afraid to ask a question on my facebook page here: www.facebook.com/workoutfinishers
- If it hurts, STOP! Don't be afraid to use alternative exercises. I don't believe in the "no pain, no gain" mentality.
- If you need extra recovery within the workout or between workouts, don't hesitate to take it. In other words, don't keep going if you're feeling dizzy!
- Use a spotter if you are training with heavy weights.
- Just because something looks easy on paper doesn't mean you dismiss it. On the other end – if something looks too difficult, then be safe and use an easier exercise and adjust recovery and rest periods.
- If you want to start this or any other program but think you have an injury, get medical attention FIRST and have a professional therapist rehabilitate your injury before starting any exercise program.
- If you decide to use running as your form of interval training (especially sprints), make sure you have good running shoes and always do an extra thorough warm-up.

And for the "timed" sets, I strongly encourage you to buy a gymboss interval timer. For one thing, they are awesome. Also, they are inexpensive for what you get. Check them out at www.gymboss.com. Or you can use an interval timer application on your smartphone.



Bootcamp Ladder Workouts

Workout Finishers Bootcamp Ladder Workouts Guidelines

Disclaimer: See your physician before starting any exercise or nutrition program. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician.

Each workout contains the “ladder” method. You will start out doing a certain number of reps per exercise, and then in the next superset or circuit, you will be doing 1 less rep.

It’s addicting, but awesome.

The best way to work with campers using the ladder method is to let your campers do what they can and they can jump back in when needed. Let them take a breather when needed.

There are some density methods along with the ladder method, which is just a fancy way of saying “Awesome Sauce”.

Feel free to offer exercise substitutions for their fitness level.

Bootcamp Ladder Workouts

Ladder Workout # 1

Warm-up

Do the following circuit twice, resting for 1 minute between circuits. Each exercise is to be performed for 20 seconds.

Jumping Jacks
Bodyweight Squat
Spiderman Climb
Waiter's Bow

MRT Ladder Circuit

Do the following circuit as shown. In the first circuit, you will perform 10 reps of each exercise. In the next circuit, you will perform 9 reps of each. Continue in this fashion until you complete 1 rep of each exercise. Allow your campers to take breaks when needed and they can jump back in when they can.

Goblet Squat (10...1)
Decline Pushups (10...1)
KB or DB Swings (10...1)

MCT Ladder Circuit

Do the following circuit as shown. In the first circuit, you will perform 6 reps of each exercise. In the next circuit, you will perform 5 reps of each. Continue in this fashion until you complete 1 rep of each exercise. Allow your campers to take breaks when needed and they can jump back in when they can.

Lateral Jumps (6/side... 1/side)
Offset Pushups (6/side...1/side)
Skater Hops (6/side...1/side)

Finisher Ladder

Do the following superset as many times as possible in 3 minutes, resting only when needed. In the first circuit, you will perform 4 reps of each exercise. In the next circuit, you will perform 3 reps. Continue in this fashion until you complete 1 rep of each exercise. Once you reach 1 rep, repeat the cycle until the time is up.

Vertical Jump and Stick (4)
Squat Thrusts (4)

Bootcamp Ladder Workouts

Ladder Workout # 2

Warm-up

Do the following circuit twice, resting for 1 minute between circuits. Each exercise is to be performed for 20 seconds.

Alternating Prisoner Lunge
Bird Dog
Total Body Extension
Pushups

MRT Ladder Circuit

Do the following circuit as many times as possible in 20 minutes resting only when needed. In the first circuit, you will perform 8 reps of each exercise. In the next circuit, you will perform 7 reps of each exercise. Continue in this fashion until you complete 1 rep of each exercise. Once you complete 1 rep of each exercise, go back to 8 reps of each and repeat the cycle until time is up. Allow your campers to take breaks when needed and they can jump back in when they can.

Walking Lunge (8/side, ... 1/side)
DB Row (8/side...1/side) or Strap/Band Row or Bodweight Row (8...1)
Spiderman Pushup (8/side...1/side)

Ab Finisher Ladder

Do the following superset as shown, resting only when needed. In the first superset, you will perform 6 reps. In the next superset, you will perform 5 reps of each exercise. Continue in this fashion until you complete 1 rep of each exercise. Your campers can take breaks when needed and just jump back in.

Burpee (6...1)
Spiderman Climb (6/side...1/side)

Bootcamp Ladder Workouts

Ladder Workout # 3

Warm-up

Do the following circuit twice, resting for 1 minute between circuits. Each exercise is to be performed for 20 seconds.

Y Squat
Spiderman Climb
Prisoner Good-Morning
Pushups

Density Ladder Circuit

Do the following circuit as many times as possible in 15 minutes resting only when needed. In the first circuit, you will perform 5 reps of each exercise. In the next circuit, you will perform 4 reps of each exercise. Continue in this fashion until you complete 1 rep of each exercise. Once you complete 1 rep of each exercise, go back to 5 reps of each and repeat the cycle until time is up. Allow your campers to take breaks when needed and they can jump back in when they can.

Lunge Jumps (5/side...1/side)
Strap or Band Row (5...1)
Spiderman Climb Pushup (5...1)

Ladder Superset

Do the following superset as shown, resting only when needed. In the first superset, you will perform 8 reps. In the next superset, you will perform 7 reps of each exercise. Continue in this fashion until you complete 1 rep of each exercise. Your campers can take breaks when needed and just jump back in.

Goblet Narrow-Stance Squat (8...1)
TRX or Stability Ball Jackknife (8...1)

Finisher

Do the following circuit ONE time, resting only when needed.

Burpees (40 secs)
Squat Thrusts (30 secs)
Close-Grip Pushups (20 secs)
Run in Place (10 secs)

Bootcamp Ladder Workouts

Ladder Workout # 4

Warm-up

Do the following circuit twice, resting for 1 minute between circuits. Each exercise is to be performed for 20 seconds.

Stickups
Bodyweight Squat
Pushup Plank
Leg Swings (20 secs/side)

MRT Ladder Circuit

Do the following circuit as shown. In the first circuit, you will perform 12 reps of each exercise. In the next circuit, you will perform 11 reps of each. Continue in this fashion until you complete 1 rep of each exercise. Allow your campers to take breaks when needed and they can jump back in when they can.

DB Squat and Press (12/side...1/side)
Strap or Band Row (12...1)
Pushups (12...1)
Side Plank with Leg Raise (12/side...1/side)

Finisher

Do the following circuit as many times as possible in 5 minutes, resting only when needed.

Prisoner Jump Squat (5)
Mountain Climbers (15/side)
Low Box Jumps or Total Body Extensions (10)

Bootcamp Ladder Workouts

Ladder Workout # 5

Warm-up

Do the following circuit twice, resting for 1 minute between circuits. Each exercise is to be performed for 20 seconds.

Alternating Prisoner Lunge
T Pushup
Hip Extensions
Waiter's Bow

Density Superset Ladder

Do the following superset as many times as possible in 10 minutes, resting only when needed. In the first superset, you will perform 6 reps of each exercise. In the next superset, you will perform 5 reps of each exercise. Continue in this fashion until you complete 1 rep of each exercise. Then, repeat the above process until time is up.

Bulgarian Split Squat (6/side...1/side)
DB Row (6/side...1/side) or Strap/Band Row (6...1)

Density Superset Ladder

Do the following superset as many times as possible in 10 minutes, resting only when needed. In the first superset, you will perform 6 reps of each exercise. In the next superset, you will perform 5 reps of each exercise. Continue in this fashion until you complete 1 rep of each exercise. Then, repeat the above process until time is up.

Triple Stop Pushup (6...1)
Stability Ball or TRX Leg Curl (6...1)

Finisher

Do the following circuit twice, resting for 20 seconds between circuits:

KB or DB Swings (30 secs)
Burpee/Spiderman Pushup Combo (30 secs)
Jumping Jacks (30 secs)

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Ladder Workout # 6

Warm-up

Do the following circuit twice, resting for 1 minute between circuits. Each exercise is to be performed for 20 seconds.

Alternating Reverse Lunge
Pushups
Total Body Extension
Mountain Climbers

Ladder Circuit

Do the following circuit as shown. In the first circuit, you will perform 10 reps of each exercise. In the next circuit, you will perform 9 reps of each. Continue in this fashion until you complete 1 rep of each exercise. Allow your campers to take breaks when needed and they can jump back in when they can.

Box or Bench Jumps (10...1)
Elevated Pushups (10/side...1/side)
DB Row (10/side...1/side) or Strap/Band Row (10...1)
X-Body Mountain Climber (10/side...1/side)

Density Ladder Superset

Do the following superset as many times as possible in 10 minutes, resting only when needed. In the first superset, you will perform 6 reps of each exercise. In the next superset, you will perform 5 reps of each exercise. Continue in this fashion until you complete 1 rep of each exercise. Then, repeat the above process until time is up.

Goblet Switch Lunge (6/side...1/side)
Stability Ball Rollout or Ab Wheel Rollout (6...1)

Finisher

Do the following as shown:

Jumping Jacks (as many as possible in 2 minutes)

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Ladder Workout # 7

Warm-up

Do the following circuit twice, resting for 1 minute between circuits. Each exercise is to be performed for 20 seconds.

Arm Crosses
Close-Grip Pushups
Alternating Lunge
X-Body Mountain Climber

Ladder Circuit

Do the following circuit as shown. In the first circuit, you will perform 10 reps of each exercise. In the next circuit, you will perform 9 reps of each. Continue in this fashion until you complete 1 rep of each exercise. Allow your campers to take breaks when needed and they can jump back in when they can.

*Goblet Squat with a 3-second hold at the bottom (10...1)
Superman Pushup (10/side...1/side)
Goblet Lateral Lunge (10/side...1/side)
Plank to Triceps Extension (10...1)
Total Body Extension (10...1)

*Hold the bottom position for 3 seconds before coming back up

Finisher

Do the following circuit 4 times, resting for 30 seconds between circuits

Burpees (20 secs)
Run-in-Place (20 secs)
Skater Hops (20 secs)

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Ladder Workout # 8

Warm-up

Do the following circuit twice, resting for 1 minute between circuits. Each exercise is to be performed for 20 seconds.

TD Bulgarian Squat (20 secs/side)
Seal Jacks
1-Leg Hip Extensions (20 secs/side)
Spiderman Climb

Ladder Superset

Do the following superset as shown. In the first superset, you will perform 8 reps of each exercise. In the next superset, you will perform 7 reps of each. Continue in this fashion until you complete 1 rep of each exercise. Allow your campers to take breaks when needed and they can jump back in when they can.

Goblet Reverse Lunge (8/side...1/side)
Renegade Row (8/side...1/side)

Ladder Superset

Do the following superset as shown. In the first superset, you will perform 8 reps of each exercise. In the next superset, you will perform 7 reps of each. Continue in this fashion until you complete 1 rep of each exercise. Allow your campers to take breaks when needed and they can jump back in when they can.

Prisoner Narrow-Stance Squat (8...1)
Strap Spiderman Pushup or Spiderman Pushup (8/side...1/side)

Finisher

Do the following circuit 3 times, resting for 30 seconds between circuits:

KB or DB Swings (30 secs)
Punch/Kick Combo (30 secs)
Squat Thrusts (30 secs)

Bootcamp Ladder Workouts

Ladder Workout # 9

Warm-up

Do the following circuit twice, resting for 1 minute between circuits. Each exercise is to be performed for 20 seconds.

Bodyweight Squat
Arm Crosses
Pushup Plank
Swing Lunge (20 secs/side)

Density Ladder Superset

Do the following superset as many times as possible in 10 minutes, resting only when needed. In the first superset, you will perform 8 reps of each exercise. In the next superset, you will perform 7 reps of each exercise. Continue in this fashion until you complete 1 rep of each exercise. Then, repeat the above process until time is up.

DB Row (8/side...1/side) or Strap/Band Row (8...1)
Decline Close-Grip Pushups (8...1)

Density Ladder Circuit

Do the following circuit as many times as possible in 10 minutes resting only when needed. In the first circuit, you will perform 5 reps of each exercise. In the next circuit, you will perform 4 reps of each exercise. Continue in this fashion until you complete 1 rep of each exercise. Once you complete 1 rep of each exercise, go back to 5 reps of each and repeat the cycle until time is up. Allow your campers to take breaks when needed and they can jump back in when they can.

Jump Squat (5...1)
Stability Ball Jackknife or TRX Jackknife (5...1)
Goblet Lateral Lunge (5/side...1/side)

Finisher

Do the following superset as many times as possible in 5 minutes, resting only when necessary. In the first superset, you will perform 5 reps of each exercise. In the next superset, you will perform 4 reps of each. Continue in this fashion until you complete 1 rep of each exercise. Then, repeat the above cycle until time is up.

Burpees (5...1)
Total Body Extension (5...1)

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Ladder Workout # 10

Warm-up

Do the following circuit twice, resting for 1 minute between circuits. Each exercise is to be performed for 20 seconds.

Alternating Prisoner Lunge
Plank
Hip Extensions
Superman Pushup

The Big 10 Ladder Circuit

Do the following circuit as many times as possible in 20 minutes, resting only when needed. In the first superset, you will perform 5 reps of each exercise. In the next superset, you will perform 4 reps of each exercise. Continue in this fashion until you complete 1 rep of each exercise. Then, repeat the above process until time is up.

DB Squat and Press (5/side...1/side)
DB Row (5/side...1/side) or Strap/Band Row (5...1)
Triple Stop Pushup (5...1)
KB or DB Swings (5...1)
X-Body Mountain Climber (5/side...1/side)
Goblet Reverse Lunge (5/side...1/side)
Close-Grip 3/4th Rep Pushups (5...1)
Narrow-Stance Bodyweight Squat (5...1)
Bodysaw (5...1)
Jumping Jacks (5...1)

Finisher

Do the following circuit as many times as possible in 5 minutes, resting only when necessary.

Shuttle Sprint (2 sprints each way – 4 total)
Side Plank with Leg Raise (5/side)
Star Jumps (5)

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Ladder Workout # 11

Warm-up

Do the following circuit twice, resting for 1 minute between circuits. Each exercise is to be performed for 20 seconds.

TD Reverse Lunge (20 secs/side)

Pushup

Bodyweight Squat

Band Pulls

Ladder Circuit

Do the following circuit as shown. In the first circuit, you will perform 10 reps of each exercise. In the next circuit, you will perform 9 reps of each. Continue in this fashion until you complete 1 rep of each exercise. Allow your campers to take breaks when needed and they can jump back in when they can.

Prisoner Jump Squat or Total Body Extension (10...1)

Superman Pushup (10/side...1/side)

KB or DB Swings (10...1)

Density Ladder Superset

Do the following superset as many times as possible in 10 minutes, resting only when needed. In the first superset, you will perform 8 reps of each exercise. In the next superset, you will perform 7 reps of each exercise. Continue in this fashion until you complete 1 rep of each exercise. Then, repeat the above process until time is up.

Goblet Lunge (8/side...1/side)

DB Row (8/side...1/side) or Strap/Band Row (8...1)

Finisher

Do the following as shown ONE time

Alternating Single Leg Burpee (as many as possible in 1 minute)

Bootcamp Ladder Workouts

Ladder Workout # 12

Warm-up

Do the following circuit twice, resting for 1 minute between circuits. Each exercise is to be performed for 20 seconds.

Arm Crosses

Bodyweight Split Squat (20 secs/side)

Mountain Climbers

Leg Swings (20 secs/side)

Density Superset Ladder

Do the following superset as many times as possible in 10 minutes, resting only when needed. In the first superset, you will perform 6 reps of each exercise. In the next superset, you will perform 5 reps of each exercise. Continue in this fashion until you complete 1 rep of each exercise. Then, repeat the above process until time is up.

TD Bulgarian Split Squat (6/side...1/side)

Stability Ball Stir-the-Pot (6/side...1/side) or X-Body Mountain Climber (6/side...1/side)

Density Superset Ladder

Do the following superset as many times as possible in 10 minutes, resting only when needed. In the first superset, you will perform 6 reps of each exercise. In the next superset, you will perform 5 reps of each exercise. Continue in this fashion until you complete 1 rep of each exercise. Then, repeat the above process until time is up.

Spiderman Climb Pushup (6/side...1/side)

1-Leg Romanian Deadlift (6/side...1/side)

Finisher

Do the following superset as many times as possible in 5 minutes, resting only as needed.

KB or DB Swings (30)

Kong (10)

Bootcamp Ladder Workouts

Exercise Descriptions

Workout 1

Disclaimer:

You must have a Certified Personal Trainer (CPT) or Certified Strength & Conditioning Specialist (CSCS) provide you with instruction on correct form for all exercises.

Jumping Jacks

- Stand on the balls of your feet with your feet shoulder width-apart and arms by side.
- Jump your feet out to your sides and raise your hands overhead at the same time.
- Return to the starting position



Bodyweight Squat

- Stand with your feet just greater than shoulder-width apart.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don't let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Bootcamp Ladder Workouts

Workout 1

Spiderman Climb

- Brace your abs. Start in the top of the pushup position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up outside of your shoulder and touch your foot to the ground.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Bootcamp Ladder Workouts

Workout 1

Waiter's Bow

- This exercise strengthens the glutes and stretches the hamstrings.
- Stand with your feet shoulder-width apart and knees slightly bent.
- Take one hand to grasp the skin over your lower back under your shirt.
- If you ever lose grasp on this skin, that means your back has become too rounded and you have gone too far.
- Keep your lower back arched, and push your hips back as much as you can, without bending your knees anymore. This will stretch your hamstrings.
- Contract your glutes to return to the start.



Bootcamp Ladder Workouts

Workout 1

Goblet Squat

- Stand with your feet just greater than shoulder-width apart.
- Hold a dumbbell in a “cupped” position at chest height.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”.
- Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Bootcamp Ladder Workouts

Workout 1

Decline Pushup

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Elevate your feet onto stairs or a bench.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



KB/DB Swings

- Stand with your feet wider than shoulder-width apart. Hold a single Kettlebell or dumbbell in both hands in front of your body at arm's length.
- Push your hips back and swing the Kettlebell or dumbbell between your legs.
- Drive back up to the start position and swing the Kettlebell or dumbbell up to chest height. Move at a quick pace.



Bootcamp Ladder Workouts

Workout 1

Lateral Jumps

- Stand with your knees bent, abs braced, and hips back.
- Jump laterally and land with your knees bent and hips back to absorb the landing forces in your muscles.
- Repeat to the other side with as little rest as possible between jumps.
- Always land with your knees bent.



Off-set Pushup

- Keep your abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart, BUT place one hand in front of shoulder level and the other hand behind shoulder level.
- Slowly lower yourself down until you are 1 inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Do all reps for one side and then change hand positions and complete all other reps.



Bootcamp Ladder Workouts

Workout 1

Skater Hops

- Start with your feet shoulder width apart
- Jump to one side on one foot, shifting all your weight to the leg you jumped out with
- Now jump to the other side with the other leg and repeat.



Vertical Jump and Stick

- Stand in the start position for the bodyweight squat.
- Squat down and jump up as high as possible.
- Bend your knees when you land to absorb the force with your muscles.
- Stick and hold the landing for 1 second. Keep your knees bent.
- Reset your position and jump again.



Bootcamp Ladder Workouts

Workout 1

Squat Thrusts

- Start in the pushup position with your abs braced
- Bring your feet in towards your chest in an explosive fashion
- Return to the starting position by “kicking” your feet back out



Workout 2

Alternating Prisoner Lunge

- Stand with your feet shoulder-width apart and hands clasped behind your head.
- Step forward with one leg, taking a slightly larger than normal step.
- Keep your back toe on the ground and use it to help keep your balance. The back knee should also be bent.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push back to the start position and switch legs.



Bird Dog

- Kneel on a mat and place your hands on the mat under your shoulders. You should be on “all fours”. Brace your abs.
- Raise your right hand and left leg simultaneously while keeping your abs braced.
- Point your right arm straight out from your shoulder and your left leg straight out from your hip. Your pelvis should not rotate (if someone placed a ball in the small of your back, it shouldn’t have fallen off). Your back should be flat like a table.
- Hold for 3-5 seconds and then slowly lower without rotating your pelvis.



Bootcamp Ladder Workouts

Workout 2

Total Body Extension

- Start in the standing position as if you were going to do a bodyweight squat.
- Dip down quickly into a quarter squat and swing your arms behind you by your sides.
- Explode up and extend your body onto your toes, raising your arms overhead.
- Control the descent back and in one movement return to the dip before exploding back up again.
- **This is a non-impact replacement for jumping.**



Pushup

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Bootcamp Ladder Workouts

Workout 2

Walking Lunge

- Stand with your feet shoulder-width apart.
- Step forward with your right leg, taking a slightly larger than normal step.
- Keep your left toe on the ground and use it to help keep your balance. The left knee should also be bent.
- Lower your body until your right thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Drive through the lead leg to step forward to the standing position. Alternate sides.



DB Row

- Rest the left hand flat bench or platform, lean over and keep the back flat.
- Hold the dumbbell in the right hand in full extension and slowly row it up to the lower abdomen.
- Keep the low back tensed in a neutral position and the elbow tight to the side.
- Do NOT round your lower back.



Bootcamp Ladder Workouts

Workout 2

Strap or Band Row

- Grab the straps and take 2 steps backward. Lean back and rest the weight on heels.
- Hold the straps with your palms facing together.
- Keep the abs braced and body in a straight line from heels to shoulders.
- Row your body up until your chest is at strap height.
- Slowly return to the start position.



Spiderman Pushup

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- Keep your foot off the ground as you do so.
- Push through your chest, shoulders and triceps to return to the start position, and return your leg to the start position. Alternate sides until you complete all repetitions.
- Keep your body in a straight line at all times and try not to twist your hips.



Bootcamp Ladder Workouts

Workout 2

Burpees

- Stand with your feet shoulder-width apart.
- Drop down onto your hands and feet, then thrust your feet back so you are in a push-up position. Thrust your feet back in and then stand up.
- You can add a vertical jump at the end as well.



Spiderman Climb (see above)

Bootcamp Ladder Workouts

Workout 3

Y-Squat

- Hold your hands over your head in a “Y” formation at all times.
- Keep your upper back and shoulders tensed throughout the exercise.
- Stand with your feet just greater than shoulder-width apart.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Spiderman Climb (see above)

Workout 3

Prisoner Good-Morning

- Stand with your feet about shoulder width apart
- Put your hands behind your head, squeezing your shoulder blades together
- Keeping a slight bend in the knee, bend over until your upper body is almost parallel to the ground, while keeping your shoulders back
- Be sure not to round out your back
- This is very similar to the waiter's bow



Pushups (see above)

Bootcamp Ladder Workouts

Workout 3

Lunge Jumps

- Start in the bottom of a split squat position. Your front thigh should be parallel to the floor, your torso upright, and your abs braced.
- Jump up explosively and switch leg positions in the air. Your back leg becomes the front leg, and vice versa. Absorb the landing with your muscles. Keep your abs braced and torso upright.
- Alternate sides without resting between sides



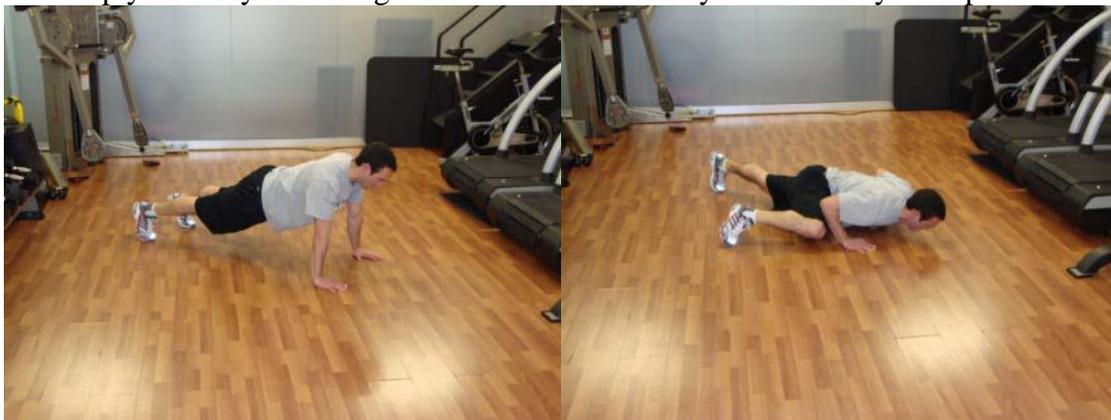
Strap or Band Row (see above)

Bootcamp Ladder Workouts

Workout 3

Spiderman Climb Push-up

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- **Touch the foot to the ground...this allows you to bring your knee up higher and work your abs harder than the other version of the exercise.**
- Push through your chest, shoulders and triceps to return to the start position, and return your leg to the start position. Alternate sides until you complete all repetitions.
- Keep your body in a straight line at all times and try not to twist your hips.



Narrow-Stance Goblet Squat

- Perform a Goblet Squat with your feet hip-width apart.
- Hold the dumbbell at chest height.
- Push your hips back, bend your knees, and keep your chest up.
- Drive through your glutes and quads to return to the start position.



Bootcamp Ladder Workouts

Workout 3

TRX Jackknife

- Place your feet in the straps and your hands on the ground, slightly wider than shoulder width.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Keeping your back straight (don't round it), bring your knees in towards your chest by contracting your abs and pulling the straps forward.
- Pause and then return to the starting position by pushing your feet back.
- Do NOT round your lower back.



Stability Ball Jackknife

- Place your feet on the ball and hands on the floor, slightly wider than shoulder width.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Keeping your back straight (don't round it), roll the ball as close to your chest as possible by contracting your abs and pulling it forward.
- Pause and then return the ball to the starting position by rolling it backward.
- Do NOT round your lower back.



Workout 3

Burpees (see above)

Squat Thrusts (see above)

Close-grip Pushup

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor inside shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Tuck your elbows into your sides as you lower your body.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times and elbows tucked in.



Run in Place

- Stand with your feet shoulder-width apart.
- Run in place driving your knees up as high as possible.
- Your other arm will naturally swing forward. Keep a bend in the elbow.
- Run in place at a warm-up pace.



Workout 4

Stick-up

- Stand with your back against a wall. Your feet should be 6 inches away from the wall and your butt, upper back, and head should all be in contact with the wall at all times.
- Stick your hands up overhead. Keep your shoulders, elbows, and wrists touching the wall. Slide your arms down the wall and tuck your elbows into your sides.
- This should bring your shoulder blades down and together, contracting the muscles between your shoulder blades as well as the shoulder muscles.
- From the bottom position, try to slowly slide your arms up until they are straight and in a "stick-em up" position. Try to improve your range of motion each week.
- The goal is to improve shoulder mobility and postural control.



Bodyweight Squat (see above)

Pushup Plank

- Start in the top of a pushup position. Hold your body in a straight line.
- Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- The lower you are, the more difficult it will be



Bootcamp Ladder Workouts

Workout 4

Leg Swings

- Stand with your feet hip width apart and hold on to something for balance.
- Take the inside leg and swing it back behind you and then swing it straight out in front of you.
- This will stretch your hamstring so do it gently.
- Continue to swing your leg faster and higher with each repetition.
- Do all reps for one side then switch.



1-Arm DB Squat & Press

- Hold a kettlebell or dumbbell at shoulder height with your palm facing away from your body. Let the other arm hang free at your side.
- Squat to at least parallel, maintaining an upright torso.
- Return to the standing position while simultaneously pressing the weight overhead.
- Do all reps on one side then switch.



Bootcamp Ladder Workouts

Workout 4

Strap or Band Row (see above)

Pushups (see above)

Side Plank Leg Raise

- Lie on a mat on your right side.
- Support your bodyweight with your knees and on your right elbow.
- Raise your body in a straight line so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- Raise your top leg up as high as you can.



Bootcamp Ladder Workouts

Workout 4

Prisoner Jump Squats

- Stand in the start position for the Prisoner Squat.
- Squat down and jump up as high as possible, keeping your hands behind your head.
- Bend your knees when you land to absorb the force with your muscles.
- As soon as you land, jump up again.



Mountain Climbers

- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your chest. Do not let your hips sag or rotate.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Bootcamp Ladder Workouts

Workout 4

Box or Bench Jumps

- Stand in front of a bench or box/platform
- Dip down into a quarter squat position and jump on the box in the quarter squat position to reduce impact
- Step back down and repeat



Bootcamp Ladder Workouts

Workout 5

Alternating Prisoner Lunge (see above)

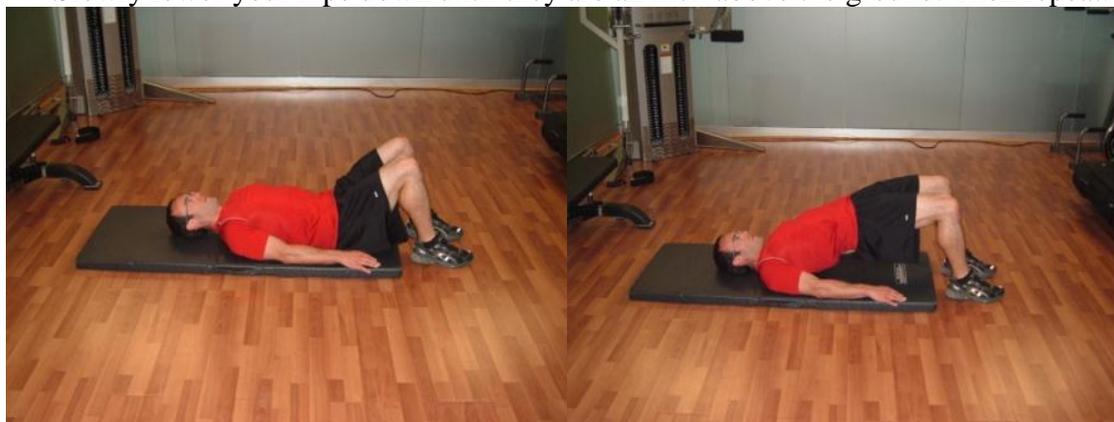
T-Pushup

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- Push off to return to the start position.
- As you come up, rotate to one side and point that arm towards the ceiling.
- Alternate sides with each rep.



Lying Hip Extension

- Lie on your back with your knees bent and feet flat on the floor.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
- Bridge your hips up by contracting your glutes. Don't use your lower back.
- Hold your hips elevated for a 1-count. Keep your abs braced and squeeze the glutes.
- Slowly lower your hips down until they are an inch above the ground. Then repeat.



Workout 5

Waiter's Bow (see above)

Bulgarian Split Squat

- Stand with your feet shoulder-width apart. Hold dumbbells in each hand if needed.
- Place the instep of one foot on a bench. Step forward with the other foot, taking a slightly larger than normal step.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



DB Row (see above)

Strap or Band Row (see above)

Bootcamp Ladder Workouts

Workout 5

Triple Stop Pushup

- Keep abs braced and body in a straight line from knees to shoulders. Hands should be slightly wider than shoulder width apart.
- Lower into a pushup position, but halfway down pause for one second.
- Then continue to lower yourself until you are 2 inches off the ground. Pause for one second.
- Return to the starting position. That's one rep.



Stability Ball Leg Curl

- Lie on your back with the soles of your feet on a medium-sized Stability Ball.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks. Bridge your hips up by contracting your glutes.
- Keep your abs braced and contract your hamstrings and slowly curl the ball back towards your hips while keeping your hips bridged.
- Pause and slowly return the ball to the start position while keeping the hips bridged.



Bootcamp Ladder Workouts

Workout 5

TRX Leg Curl

- Lie on your back with the with your feet in the straps in front of you.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks. Bridge your hips up by contracting your glutes.
- Keep your abs braced and contract your hamstrings and slowly curl your feet back towards your hips while keeping your hips bridged.
- Pause and slowly return to the start position while keeping the hips bridged.



KB or DB Swings (see above)

Bootcamp Ladder Workouts

Workout 5

Burpee/Spiderman Pushup Combo

- Stand with your feet shoulder width apart.
- Squat down on your feet and hands
- Kick your feet out to form a pushup position
- Perform a Spiderman pushup by going down into a pushup, bringing one knee to the side. Repeat for the other side (do 1 rep on each side).
- Kick your feet back in and stand or jump back up



Jumping Jacks (see above)

Bootcamp Ladder Workouts

Workout 6

Alternating Reverse Lunge

- Stand upright holding a pair of dumbbells (optional)
- Step back and squeeze your glute muscles, while keeping your upper body straight
- Lower yourself until your rear knee is a few inches off away from the ground
- Push back up with your lead leg to the starting position



Pushups (see above)

Total Body Extension (see above)

Mountain Climbers

- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your chest. Do not let your hips sag or rotate.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Workout 6

Box or Bench Jumps (see above)

Elevated Pushups

- Keep the abs braced and body in a straight line from knees to shoulders.
- Place the left hand on the floor and the right hand elevated 4-6 inches on an aerobic step. Hands are slightly wider than shoulder width apart (normal pushup width).
- Slowly lower yourself down until you are 2 inches off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Perform all repetitions in this manner and then switch to do all repetitions with the other arm elevated. Keep your abs braced.



DB Row (see above)

Strap or Band Row (see above)

X-Body Mountain Climber

- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your opposite shoulder. Do not let your hips sag.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Workout 6

Goblet Switch Lunge

- Stand with your feet shoulder width apart, holding a dumbbell or kettlebell at chest height.
- Step forward with one leg into a lunge position, taking a larger than normal step.
- Drop your back knee just above the ground and bend your front knee as well, keeping your upper body straight.
- Drive through your front leg and bring it behind you, performing a reverse lunge with the OTHER leg.
- That's one rep; repeat for all reps and then switch legs



Stability Ball Rollout

- Kneel on a mat and place your clasped hands on the top of a medium sized ball.
- Brace your abs and slowly lean forward and roll your hands over the ball while the ball moves away from your body.
- Keep your body in a straight line and go as far as you can with perfect form.
- Contract your abs and reverse the motion to return to the upright position.



Bootcamp Ladder Workouts

Workout 6

Ab Wheel Rollout

- Kneel on a mat with your hands on the ab wheel.
- Keep your body in a straight line, brace your abs, and keep your low back tensed.
- Slowly roll out as far as is comfortable.
- Keep your abs braced, and contract them maximally to come back up to the start.



Jumping Jacks (see above)

Bootcamp Ladder Workouts

Workout 7

Arm Crosses

- Stand with one arm down (thumb down) and one arm up (thumb up).
- Bring your arms across your body and switch hand & thumb positions.
- Return to the start position.
- Do all reps for one side then do the other side.



Close-Grip Pushups (see above)

Forward Lunge

- Stand with your feet shoulder-width apart. Hold dumbbells in each hand if needed.
- Step forward with your right leg, taking a slightly larger than normal step.
- Keep your left toe on the ground and use it to help keep your balance. The left knee should also be bent.
- Lower your body until your right thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push with your right leg to return to the starting position.
- When you are strong enough, hold dumbbells in your hands to increase intensity.



Workout 7

X-Body Mountain Climber (see above)

Goblet Squat (see above)

Superman Pushup

- Maintain a straight line with your body and keep your abs braced
- Lower yourself into a pushup position
- Return to the starting position and extend arm out directly in front of you
- Repeat for the other side.
- Alternate sides until you complete prescribed reps.



Goblet Lateral Lunge

- Stand with feet shoulder-width apart holding dumbbell or kettlebell at chest height.
- Take a large step sideways (laterally) with one leg into a wide squat position.
- Keep your upper body upright and your lower back flat.
- Push with your outside leg to return to the starting position.
- Do all reps on one side and then switch.



Bootcamp Ladder Workouts

Workout 7

Plank with Triceps Extension

- Raise your body in a straight line and rest your bodyweight on your elbows and toes so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- Now contract your triceps and press your palms into the ground and push your body up to the push-up position – taking 2 seconds to do it.
- Slowly return to the start position.



Total Body Extension (see above)

Burpees (see above)

Run in Place (see above)

Skater Hops (see above)

Bootcamp Ladder Workouts

Workout 8

TD Bulgarian Squat

- Stand with your feet shoulder-width apart.
- Place the instep of one foot on a bench. Step forward with the other foot, taking a slightly larger than normal step.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Extend your arms above your head.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



Seal Jacks

- Stand on the balls of your feet with your feet and arms out to your sides.
- In one motion, hop off the balls of your feet and bring your feet back into the middle while bringing your right foot over top of your left foot.
- At the same time, bring your arms to the middle and cross your right arm over left.
- Return to the start position and then hop back into the middle, this time with your left foot over your right foot and your left arm over your right arm.
- Repeat, alternating between right and left limbs on top.



Bootcamp Ladder Workouts

Workout 8

1-Leg Hip Extension

- Lie on your back with your knees bent and feet flat on the floor.
- Brace your abs, and contract your right glute (butt muscle) while you take your left leg, lift it off the floor and hold it in the position shown.
- Using the right glute, bridge your hips up.
- Keep your abs braced. Do not use your low back to do this exercise.
- Slowly lower your hips down until they are an inch above the ground.
- Perform all reps for one leg and then switch sides.



Spiderman Climb – (see above)

Goblet Reverse Lunge

- Stand with your feet shoulder-width apart. Hold a dumbbell at chest height.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
- Step backward with one leg, resting that toe on the ground.
- Squat straight down with the front leg supporting the body weight. Lower yourself until your front thigh is parallel to the floor.
- Begin to return to the start position by pushing with the muscles of the front leg.
- Focus on pushing with glutes and hamstrings. Do all reps on one side then switch



Bootcamp Ladder Workouts

Workout 8

Renegade Row

- Assume the pushup position while keeping your hands on a pair of dumbbells and your arms extended
- Keep your abs braced
- Complete a DB Row, maintaining a straight line with your body.
- Alternate sides and repeat



Prisoner Narrow-Stance Squat – (see above)

- Feet should be just inside shoulder-width apart

Strap Spiderman Pushup

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place your hands in the straps slightly wider than shoulder-width apart.
- Slowly lower yourself down until your chest is at strap level.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- Push through your chest, shoulders and triceps to return to the start position, and return your leg to the start position. Alternate sides until you complete all repetitions.
- Keep your body in a straight line at all times and try not to twist your hips.



Spiderman Pushup – (see above)

KB/DB Swings – (see above)

Bootcamp Ladder Workouts

Workout 8

Punch-Kick Combo

- Stand with feet hip-width apart and knees slightly bent.
- Throw a jab with your weak arm.
- Throw a jab with your strong arm.
- Kick with your weak-arm side leg.
- Kick with your strong-arm side leg.
- Repeat as prescribed.



Squat Thrusts – (see above)

Workout 9

Bodyweight Squat – (see above)

Arm Crosses – (see above)

Pushup Plank – (see above)

Swing Lunge

- Do a reverse lunge for your left leg by stepping back with your right leg.
- Then step forward with your right leg so that you do a forward lunge working the right leg.
- Continue for all reps moving one leg then switch.
- This can be done with dumbbells or just bodyweight



DB Row– (see above)

Bootcamp Ladder Workouts

Workout 9

Decline Close-Grip Pushups

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor just inside shoulder-width apart.
- Elevate your feet onto stairs or a bench.
- Lower yourself down until you are 2 inches off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Jump Squats

- Squat down with your feet just outside shoulder width apart and bringing your glutes and hips back
- Explode and jump up
- Be sure to land in the squat position (to reduce impact) and repeat as necessary.



Stability Ball Jackknife – (see above)

TRX Jackknife – (see above)

Bootcamp Ladder Workouts

Workout 9

Burpee– (see above)

Total Body Extension– (see above)

Workout 10

Alternating Prisoner Lunge - (see above)

Plank - (see above)

Hip Extensions - (see above)

Superman Pushup - (see above)

DB Squat and Press - (see above)

DB Row - (see above)

Triple Stop Pushup - (see above)

KB or DB Swings - (see above)

X-Body Mountain Climber - (see above)

Goblet Reverse Lunge - (see above)

Close-Grip 3/4th Rep Pushups

- With your hands inside shoulder-width apart and maintaining a straight line with your body, lower yourself until you are about 75% of the way down
- Keep your abs braced and push yourself back to the starting position



Workout 10

Narrow Stance Bodyweight Squat

- Stand with your feet NARROWER than hip-width apart.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Bodysaw

- Support your weight on your forearms and your toes. Put your toes on a towel if you are on a wood floor. If you are on carpet, put your toes on a weight plate.
- Keep your abs braced and breathe normally.
- Slide your feet out behind you 6 inches and then slide them back in.
- It’s tough to see in the photos, but you’ll feel it when you try it!



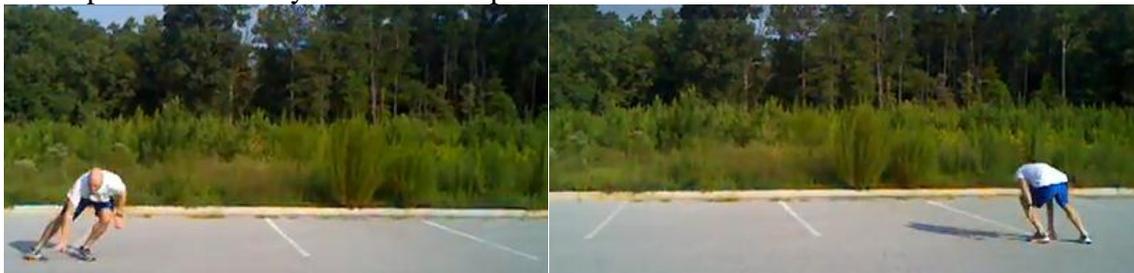
Jumping Jacks – (see above)

Bootcamp Ladder Workouts

Workout 10

Shuttle Sprints

- Set up 2 cones, dumbbells, or whatever you have available for markers, about 10-30 feet apart
- Starting at marker 1, run to marker 2 and touch the ground
- Repeat as necessary until time is up



Side Plank with Leg Raise – (see above)

Star Jumps

- Stand with your feet about shoulder width apart and your hands at your sides
- Partially squat down with your arms crossed in front of you
- Jump and simultaneously bring your arms above your head as if you're performing a jumping jack in mid-air
- Return to the starting position (be sure to land in the partial squat to absorb the landing)



Bootcamp Ladder Workouts

Workout 11

TD Reverse Lunge

- Stand with your arms extended above your head (forming a touchdown signal)
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
- Step backward with one leg, resting the toe on the ground.
- Squat straight down with the front leg supporting the body weight. Lower yourself until your front thigh is parallel to the floor.
- Return to the start position by pushing with the muscles of the front leg. Focus on pushing with glutes and hamstrings.



Pushup – (see above)

Bodyweight Squat – (see above)

Band Pull

- Hold a resistance band with your hands spaced shoulder width apart.
- Using light to moderate tension, pull the band apart by squeezing your shoulder blades together. Slowly return to the start position.



Workout 11

Prisoner Jump Squats

- Stand in the start position for the Prisoner Squat.
- Squat down and jump up as high as possible, keeping your hands behind your head.
- Bend your knees when you land to absorb the force with your muscles.
- As soon as you land, jump up again.



Total Body Extension – (see above)

Superman Pushup – (see above)

KB/DB Swings – (see above)

Bootcamp Ladder Workouts

Workout 11

Goblet Lunge

- Stand with your feet shoulder-width apart. Hold a dumbbell at chest height.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
- Step forward with one leg, taking a larger than normal step
- Squat straight down with the front leg supporting the body weight. Lower yourself until your front thigh is parallel to the floor.
- Begin to return to the start position by pushing with the muscles of the front leg.
- Focus on pushing with glutes and hamstrings. Do all reps on one side then switch



DB Row – (see above)

Bootcamp Ladder Workouts

Workout 11

Alternating Single Leg Burpees

- Stand with your feet shoulder-width apart.
- Drop down onto your hands and feet, but leaving one foot off the ground.
- Thrust your feet back so you are in a push-up position but still leaving one foot off the ground. Thrust your feet back in and then stand up on one foot.
- You can add a vertical jump at the end as well.



Workout 12

Arm Crosses – (see above)

Bodyweight Split Squat

- Stand with your feet shoulder-width apart holding a pair of dumbbells (optional).
- Step forward with your one leg, taking a slightly larger than normal step.
- Press the front of your back foot into the ground and use it to help keep your balance. The back knee should also be bent.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position, but don't step back. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



Mountain Climbers – (see above)

Leg Swings – (see above)

TD Bulgarian Split Squat – (see above)

Workout 12

Stability Ball Stir-the-Pot

- Brace your abs. Put your elbows on the ball.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Move your arms in a circular motion in one direction while keeping your abs braced and torso in a straight line.



X-Body Mountain Climber – (see above)

Spiderman Climb Pushup – (see above)

1-Leg Romanian Deadlift (RDL)

- Keep your lower back arched and bend forward by pushing your hips back.
- Repeat all reps for one side then switch.
- Stand on one leg with a small bend in that knee. The other leg is bent back.
- Keep your knee slightly bent, back arched, and try to keep the other leg straight.
- This can be done with one or two dumbbells, as well as bodyweight.



Bootcamp Ladder Workouts

Workout 12

KB/DB Swings – (see above)

Kong

- Squat down onto all fours.
- Rise up on the balls of your feet.
- Pull your body forward with your arms while hopping forward, like a gorilla.



More Resources to Fat-Torching Finishers To Use With Your Favorite Workouts

www.WorkoutFinishers.com - Get 40 unique metabolic workout finishers to use with any program (and some can be used as an intense short workout).

www.TrainwithFinishers.com - The new blog dedicated to metabolic workout finishers

www.AbFinishers.com – The latest cutting-edge ab exercise combined with the power of metabolic finishers

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