

# Exercise of the Month

January 2017

## HIIT Ladder Work Out

**Purpose:** Calorie burn and total body tone.

**Target Muscles:** Major muscles for greater calorie burn

**How it Works:** Set your timer for 25 minutes and see how far you can get. Do 1 of each, then 2 of each, working your way up to 10 of each exercise. Rest 1 minute, then work your way back down the ladder (9 of each, 8 of each, etc.).



**1. Push-Up:** Begin in a standard plank position, with feet together, back flat, hands positioned under the shoulders and arms straight, with a forward gaze to the floor. Flex your elbows until your chest comes 2-3 inches from the floor, then return to plank position.



**2. Squat Jump:** Start with feet shoulder width apart. Sink your hips back and down until your hips are in-line with your knees, and your knees are behind your toes. Powerfully push through your heels up into a vertical jump.



**3. Burpee:** Reaching your hands to the sky, jump straight up. Quickly lower down to squat with hands pressed to floor. Jump or step out into plank. Jump or step forward into the squat, keeping hands on floor. Then powerfully jump, or stand, returning to starting position.



**4. Alternating Split Lunge Jump:** Step forward with one leg, flex the knees and drop the hips. Lower the body until the rear knee is just above the ground, keep the front knee over the foot. Push through the front heel, so that both feet come off the floor and switch feet mid air. Return to a lunge position with opposite foot forward.

**Beginner:** Change Squat Jumps to squats and Alternating Split Lunge Jump to alternating forward lunges.

**Advanced:** Add some air to your Push-Ups to create a jumping push up, and finish your Burpee with a two legged high knee jump (Tuck Jump).



From Corporate Fitness Works Team Leader, Natalie Gish

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