

# CLIMBING LADDERS



**FUNCTIONAL FITNESS, NUTRITION & WELLNESS**

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46 Fieldway Unit #8, Etobicoke, ON  
[FIT1BOOTCAMP.COM](http://FIT1BOOTCAMP.COM) 647.776.7776

# [30-30X5] 5 – CLIMBING LADDER OVERVIEW

Total Workout time 50 Minutes. Begin warm up with mobility. Perform 5 exercises in a Climbing Ladder format.

30-Second Climbing Ladder for 5 total rounds. The Ladder goes like this: Start with 30 seconds of work for the first exercise, then take 30 seconds of rest.

Then..

30 seconds of work for first exercise, 30 seconds of work for second exercise, then take 30 seconds of rest and so on until you reach exercise 5.

Next we'll complete a **FINISHER**.

Perform Compensation at end of workout

# Movement Preparation

- Neck
- Shoulder Rolls
- Gun Slingers
- Clasped Hand Forward Fold
- Squat to stand + Arm Extension
- Hip Circles
- Knee Circles
- Prisoner Lunge & Twist
- Down Dog / Up Dog
- Hip Swivels

# 30/30 CLIMBING LADDER CIRCUIT: 5 ROUNDS

1. SLDL (with/without weight)
2. Spiderman Climb
3. Skaters / Side step to lunge
4. Dips off chair
5. Jumping Jacks
6. Running on spot/ Marching

# Finisher 3 rounds

*Complete 3 rounds of the following 4 exercise circuit*

1. Squat thruster to High/Low Plank: **5**
2. Prisoner Squat: **10 (1-2-X-0)**
3. Sit & Reach (with/without weight): **10**
4. Birddog: **5/5**

(Hold for 30-60 secs focusing on breath)

Foam Roll

Pigeon

Forearm Frog

Floor Bow / Quad Stretch

Hurdlers Stretch

Spinal Twist Stretch



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