

Title: Living Room Decreasing Ladder Workout

Grade: 6-8

Lesson Target: Students will be participating in a ladder workout that will challenge their muscular endurance, strength, and cardiovascular fitness abilities.

Vocabulary for Lesson:

Repetition: Performing a certain exercise one time

Round: Completing all repetitions of all exercises one time

What is a Ladder Workout?: A ladder workout is where you will perform exercises while the number of repetitions either go up or down. A ladder workout can be many things. One example would be an ascending ladder workout, where the repetitions start at 1, and goes up one repetition every round. There are also decreasing ladders, where the repetitions start at a number like 10 and go down one repetition each round. You can also do exercises for time and increase or decrease the amount of time. You can make your own ladder workout using either of these methods.

Examples:

Descending ladder: <https://video.link/w/ZG45>

Ascending ladder: <https://video.link/w/XM45>

What you will need:

- A phone timer or clock to keep track of time
- A decent amount of space in your living room or outside
- Comfortable, athletic clothes and shoes

Time to Move! Start the first round with 10 repetitions of each exercise. After doing all 4 exercises 10 times, you have completed round 1. The next round, you should do 9 repetitions of each, and so on, until you do 1 of each. There are 10 total rounds in this workout. If possible, keep track of how long it takes you to complete the workout from start to finish.

Rounds (starting at 10 repetitions each):

Burpees

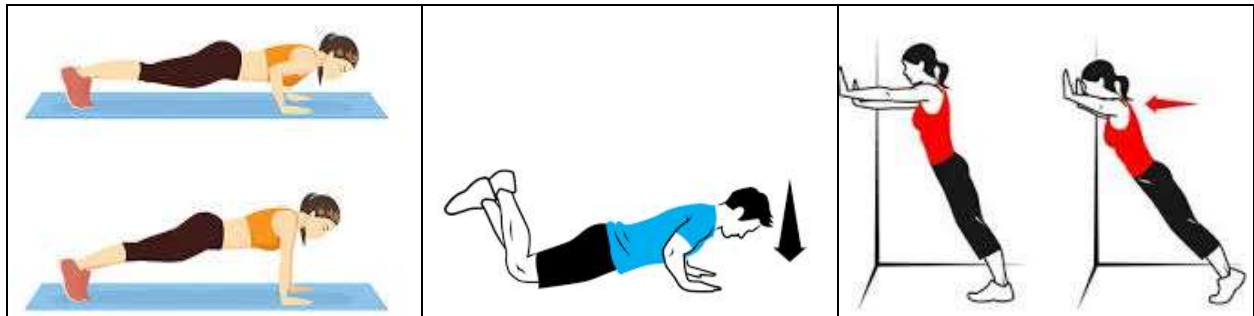
Push-ups

Sit-ups

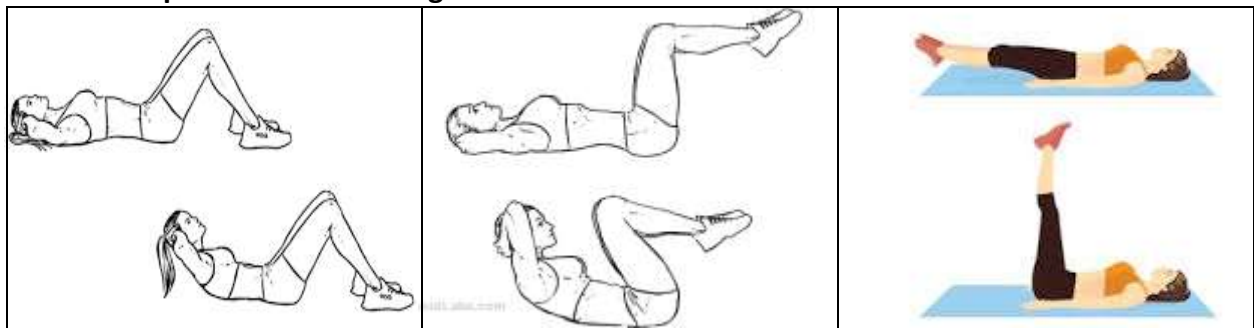
Air Squats

Log your results: Using a PALA account or your own personal journal, write down this workout and record how many rounds you completed. Try to beat it another day!

Push-ups or Modified Push-ups or Wall Push-ups:

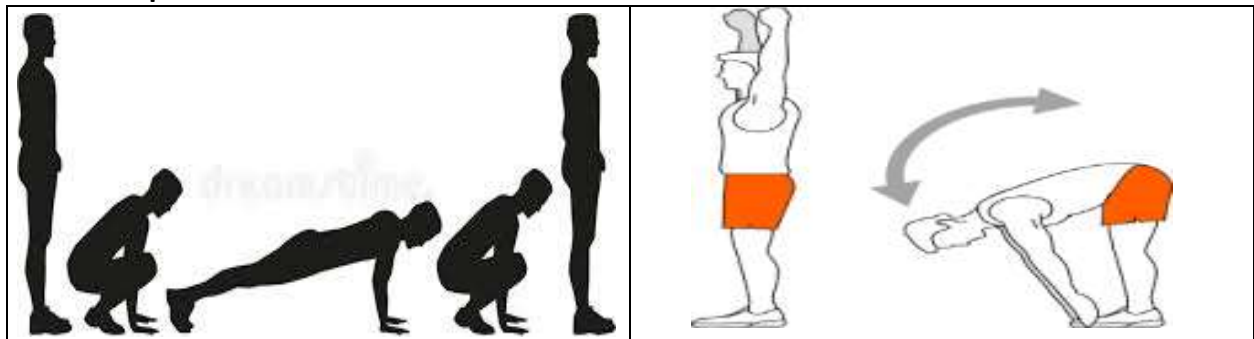


Sit-ups or Crunches or Leg Lifts:



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Burpees or Toe Touches:



Air Squats or Chair Sits:

