

UFIT Workout 9

Full Body Ladder

60 second power squats or jumping squats

45 second plank up downs

30 second burpee to push up

20 second side plank pulses right

15 second jumping lunges

20 second side plank pulses left

30 second burpee to push up

45 second plank up downs

60 second wall sit

Repeat 2-3 rounds

2 minutes rest between each round