

FIT CHICKS®

Push Pop Ladder WORKOUT

Do one rep of each of the two exercises, then two reps of each, then three, etc. until you get to ten of each.

There is no rest, so go at your own pace and be sure to write down your time (you will want to beat it next time!)

**Pop squat
Push ups**

Bonus!

go back down the ladder from ten to one!

Choose your intensity!

Level 1 - Bodyweight squat and push ups on the wall

Level 2 - Regular pop squat and push ups on the knees

Level 3 - Weighted pop squat and push ups on toes

