

FIT CHICKS®

"Up & Down The Mountain" WORKOUT

This workout uses a ladder pattern, you start at the top and go down in reps each exercises, then move up in reps again! If you need a challenge simply repeat!

**50 mountain climbers
40 body weight squats
30 jumping jacks
20 alternating lunges
10 burpees
20 alternating lunges
30 jacks
40 squats
50 mountain climbers**

Choose your intensity!

Level 1 - no impact - step out the jacks and lunges

Level 2 - do the workout as is

Level 3 - add weights to the jacks , squats and lunges!

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