

14 DAY Legs & Ladders CHALLENGE



Day: 5 - 10 - 15 - 10 - 5

Day 1 stair drills - crouches - high knees

Day 2 stair drills - squat hold to reverse lunge - calf raise & arm swing

Day 3 stair drills - standing hydrants - fast feet

Day 4 stair drills - squat hold with toe taps - pogo jumps

Day 5 Rest or Light Mobility

Day 6 stair drills - frog jump - toe taps on step

Day 7 stair drills - lateral weight shifts - criss-cross feet

Day 8 stair drills - step through lunge - knee drive & power hop

Day 9 stair drills - ski squat to kickback - ski hops

Day 10 Rest or Light Mobility

Day 11 stair drills - standing donkey kicks - aerobics hamstring curl high

Day 12 stair drills - straight leg kicks - spotty dogs

Day 13 stair drills - goddess squat - knee repeater

Day 14 stair drills - lateral lunge to curtsy lunge - pendulum leg swing

CHOOSE YOUR LEVEL

Level 1: Reduce ROM or no impact or use options on daily graphics

Level 2: Repeat all once
Level 3: Repeat all twice

