



Ladder workout

Each round the reps increase by one. Players do ten rounds, sprinting the length of the court between each round.

Round 1: 1 pushup, 2 squats, 3 crunches, sprint

Round 2: 2 pushup, 3 squats, 4 crunches, sprint

Round 3: 3 pushup, 4 squats, 5 crunches, sprint

Round 4: 4 pushup, 5 squats, 6 crunches, sprint

Round 5: 5 pushup, 6 squats, 7 crunches, sprint

Round 6: 6 pushup, 7 squats, 8 crunches, sprint

Round 7: 7 pushup, 8 squats, 9 crunches, sprint

Round 8: 8 pushup, 9 squats, 10 crunches, sprint

Round 9: 9 pushup, 10 squats, 11 crunches, sprint

Round 10: 10 pushup, 11 squats, 12 crunches, sprint.

You could do it for best time, to enhance the competitiveness in your team!