

## Zoom Workout.19

Warm-up

Ladder Workout

Hill Climb—video provided

<https://www.youtube.com/watch?v=0K8qGQqWQRk>

Team Exercises on top of the hill—entire team had to complete the reps (not each athlete)

- 120 push ups
- 120 squats
- 120 dead bugs
- 120 toe touches

Hill Descend—notice in the video provided how the speed decreased 😊

<https://www.youtube.com/watch?v=mnnbCvISucU>