

A Cotton Kandi Life...

Mommy Muscles

Ladder Workout

This workout comes your way from the [Texture Walk Blog Post](#). Work out AND play with your kids!

[#MommyMuscles](#) [#ToddlerExercise](#) [@ACottonKandiLife](#)

Legs

Fast Feet: Two Toe Tap Centers x Down & Back

In & Outs x Down & Back

Snake: Locked straddle jump {right side line, center, left side line, center, repeat}

Fast Feet: Two Toe Tap Side Line x Down & Back

Hop Single Leg x Down & Back each leg

Hop Double Leg x Down & Back each leg

Two-Step Side Lines x Down & Back

Fast Feet: Four Step {2 Up 2 Back} x Down & Back

Plank

Plank Jack: Feet In & Out of 2 boxes x 10

Plank Walk: Hands walk across ladder {together, apart, together} x Down & Back

Active Plank: Hands to Elbows Fast {4-count} Use FOAM box! x 10

Repeat

{until your Mommy Muscles feel awesome}