

**Workout #2 : Ludlow**  
**21 minutes**  
**Chest and Cardio**

Set GymBoss timer for 18 rounds of 30 seconds on, 40 seconds off

- Each 'On' period consists of 30 seconds of rope undulation. There are six different undulations which will be used, one for each round
- During the 'Off' period you will do pushups. There are 5 different pushups that will be used, one for each round. On the 6<sup>th</sup>, 12<sup>th</sup>, and 18<sup>th</sup> 'Off' period you will rest.
- During the first six 'Off' periods (five actually because you rest on the sixth) do 10 of each pushup
- During the next six, do 8 of each pushup
- During the last 6 do six of each pushup
- Six rope undulations and 5 types of pushups are listed below
- After the sixth rope undulation, take the full 40 seconds to rest for the next round
- Each of the rope undulations in this workout, as well as the pushups, target the chest.

Rope Undulation (30 seconds)	Pushups (have 40 seconds to do these);			
		Round 1	Round 2	Round 3
45 degree small double wave	Normal	10 reps	8 reps	6 reps
45 degree small alternating wave	Wide	10 reps	8 reps	6 reps
45 degree big double wave	Narrow	10 reps	8 reps	6 reps
45 degree big alternating wave	Incline	10 reps	8 reps	6 reps
Double helix (overlapping horizontal)	Decline	10 reps	8 reps	6 reps
Alternating horizontal (non overlapping)	Rest	Rest	Rest	Done

\*Note- The you tube video for this workout failed to show the final undulation, "Alternating Horizontal."