RankTime

FREE PRINTABLE · 4 PAGES

PYRAMIDS · LADDER MATH · SIX TO TRY

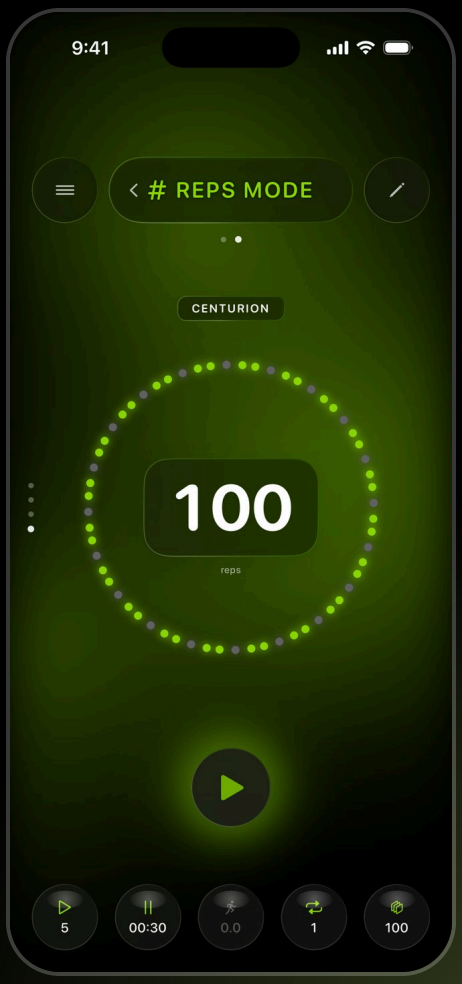
Ladder Workouts

How ladders work, how to pick your top step, the quick ladder math, six ladders to try, and a log of where you peaked.

2 Ladders on one page

3 Six ladders and your log

4 Train it with RankTime



Download on the App Store

From the free guide at ranktime.app/guides/ladder-workout/
Made by RankTime, the workout timer that counts your reps.

HOW LADDERS WORK

Ladder workouts

Every set a little bigger than the last, and often back down again. Most sets stay well below your max, so you do a lot of clean reps without going to failure.

TYPE	STEPS
Going up	1, 2, 3, 4, 5. Finish on the hardest set.
Going down	10, 9, 8 … 1. Hardest set first.
Pyramid	1, 2, 3, 4, 5, 4, 3, 2, 1.
Repeated	1, 2, 3, then again from 1.

Your top step

Take your best single set and halve it: a good top step for a pyramid. Best of 20 push-ups? Climb to 10. Best of 6 pull-ups? Climb to 3. Start lower than you think.

The quick ladder math

- **Up from 1 to N:** N x (N + 1) ÷ 2. 1 to 10 is 10 x 11 ÷ 2 = 55.
- **Pyramid 1 to N to 1:** N x N. A pyramid to 10 is 100.

LADDER	TOTAL REPS
1 to 5	**15**
1 to 5 to 1	**25**
1 to 10	**55**
1 to 10 to 1	**100**

Tips

- **Short, fixed rest:** 10 to 30 seconds, or the same count as your reps.
- **Stop at the first bad rep** and come back down from there.
- **Write down where you peaked.** Next time, add one step.
- **Two or three a week,** a day between them for the same exercise.

LADDERS TO TRY

Six ladders

100 REPS

Push-up pyramid

1 to 10 and back to 1, 10 to 20 s of rest between steps.

45 REPS

Pull-up ladders

1 to 5, rest a minute, three times. Too many? Stop each at 3 or 4.

150 REPS

Squat climb

10, 20, 30, 40, 50 squats, a minute of rest between steps.

55 REPS

Burpee ladder

1 burpee, rest 10 s, 2, rest 10 s, all the way up to 10.

55 OF EACH

10 to 1 couplet

10 push-ups and 10 sit-ups, then 9 and 9, down to 1 and 1. Time it.

TIME LADDER

20 to 50 seconds

20, 30, 40, 50, 40, 30, 20 s of jacks, squats or lunges, 10 s rest.

My ladder log

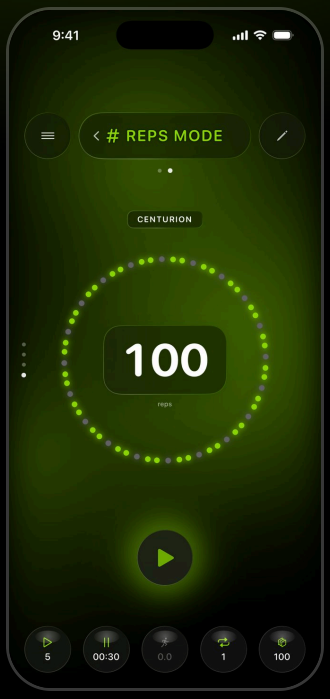
DATE	LADDER	PEAK STEP	TOTAL REPS	NEXT TIME

RankTime

TRAIN IT WITH RANKTIME

Climb ladders with RankTime

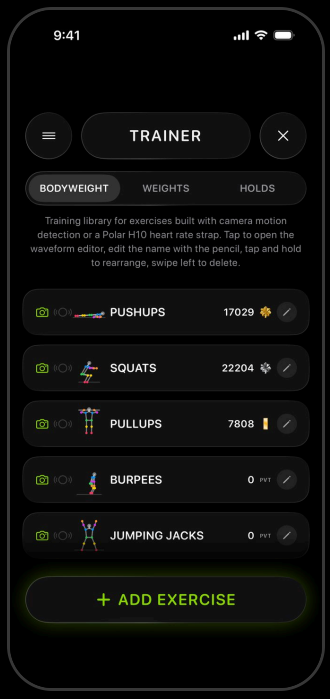
Type the steps once and the app runs them, one step per set, with the camera counting every rep.



REPS mode: one dot per rep.



TIME mode, for time ladders.



14 exercises, ready to count.

1. Pick REPS for rep ladders or TIME for time ladders.
2. Tap the first circle, then the stairs button: Normal to Ladder.
3. Type the steps, like 1-2-3-4-5-4-3-2-1. The ring redraws.
4. Prop the phone up and press play. Save it with the plus button.

- ✓ The camera counts your reps on the phone itself. Nothing is uploaded.
- ✓ Timers built in: AMRAP, EMOM, Tabata, ladders, and GPS runs before or after.
- ✓ A military rank for every exercise, from Private at rep one to General of the Armies.

Download on the App Store

Scan to get RankTime
on your iPhone