

Week 1 Workouts- Pyramids

A pyramid workout can be done in a few different ways to adjust the intensity and length of the workout. Each workout contains 4 different exercises.

Whenever you see arrows (←→) that is an indication that right + left equals 1 rep.

STANDARD: Complete each exercise for 10 reps, then complete each exercise for 9 reps, then 8 reps, 7 reps...all the way down to 1 rep. This should take approximately 35-40 minutes.

BEGINNER/SHORT ON TIME: Complete each exercise for 10 reps, then 8, then 6, then 4, then 2. This should take about 20 minutes.

ADVANCED: Complete the standard version (10-1) then go back up in reps (2-3-4-5-6-7-8-9-10). Should take just over an hour.

Workout #1

Jack Push ups
Legs in-back-out
Prayer cross
Ball ups

Workout #2

Walking plank ←→
Squat, squat jump
Bomber pushups
Toe touches

Workout #3

X-dots ←→
Burpees
Quick feet ←→
Mountain Climbers ←→

Workout #4

Windshield wipers ←→
Small flutters
Love handle killers ←→
Pulse ups