



Pyramid Workout Week 1

By Courtney Johnson, CPT

Perform the workout in a ladder.

For example:

Round 1 -- 1 wall sit

Round 2 -- 2 side planks, 1 wall sit

Round 3 -- 3 star-tuck jumps, 2 side planks, 1 wall sit

and so on...

Pyramid 1:

1 - 30-60 second wall sit

<https://tinyurl.com/vz9w2fi>

2 - 30 second side planks (30 sec R, 30 sec L)

<https://tinyurl.com/upv9klm>

3 - Star or Tuck Jumps

<https://tinyurl.com/lrffars>

4 - Burpees

<https://tinyurl.com/n7hoseu>

5 - Squat Jumps

<https://tinyurl.com/y7utq4yx>

6 - Inchworm Push-ups

<https://tinyurl.com/wmgnd9b>

7 - Tricep Dips

<https://tinyurl.com/h3rut67>

8 - Mountain Climber *make it mountain climber burpees

<https://tinyurl.com/q5asj86>

9 - Power Skips or Lunge Kicks (each side)

<https://tinyurl.com/udomoev>

10 - Bicycle Crunches (each side)

<https://tinyurl.com/jx8u3z9>

11 - Windshield Wipers

<https://tinyurl.com/y2dyt6c6>

12 - Bird Dogs (each side) *make it a plank bird dog (rather than on your knees)

<https://tinyurl.com/sgewarf>

