



# Pyramid Workout Week 2

## By Courtney Johnson, CPT

Perform the workout in a ladder.

For example:

Round 1 -- 1 30 sec plank

Round 2 -- 1 30 sec plank, bear crawl down & back

Round 3 -- 1 30 sec plank, bear crawl down & back, 3 - walking lunge, jump/hop, or walking side squat (one distance = 1, down, back, down = 3 and so on...

### Pyramid 2:

1 - 30 second plank

<https://tinyurl.com/yav38yhl>

2 - Bear crawl (one distance = 1, down & back = 2)

<https://tinyurl.com/tfboj3p>

3 - Walking lunge, jump/hop, or walking side squat (one distance = 1, down, back, down = 3)

<https://tinyurl.com/wgf9hdo>

4 - 4 corner jump squats (no bands needed)

<https://tinyurl.com/w9qo7bh>

5 - Shoulder tap burpees (assume push up position, tap each shoulder diagonally and complete with a burpee)

<https://tinyurl.com/wdvzhwf>

6 - Squat jacks

<https://tinyurl.com/s68h6zb>

7 - Push-up burpees

<https://tinyurl.com/t5gvcq7>

8 - High switch kicks

<https://tinyurl.com/ujeynqd>

9 - Plank rotations

<https://tinyurl.com/qm52auv>

10 - V-ups

<https://tinyurl.com/nulm8qn>

11 - Sit-up and punch (punch across your body R and L at top of sit-up)

<https://tinyurl.com/oa9ttw2>

12 - Side plank dips (each side)

<https://tinyurl.com/t4w6t8z>

