

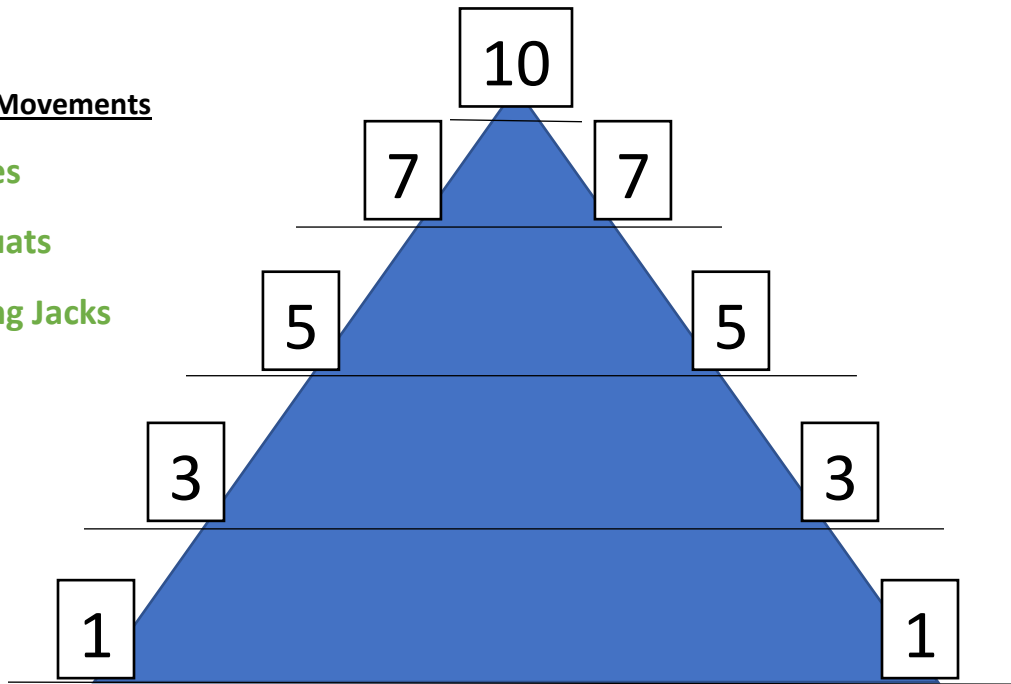
Pyramid Workout

1st Day Movements

Burpees

Air Squats

Jumping Jacks



Description

1. Start with a simple stretch before any an all workouts
2. In a pyramid workout you start on the left lower side of the pyramid and do all 3 motions with that number of reps.

Example Level 1

Burpee = 1

Air Squat = 1

Jumping Jack = 1

3. Once you complete all 3 motions you move up to the second level with that quantity of Reps.

Example Level 2

Burpees = 3

Air Squats = 3

Jumping Jacks = 3

4. Once you complete all of the 3 motions with 3 Reps you move on to the next level and complete the 3 motions with 5 reps.
5. You continue process until you get to the top of the pyramid and then follow the same process on the way down the right side of the pyramid.
6. Once finishing all 3 motions with 1 rep on the right side you finished the pyramid workout!!!
7. End with a cooldown stretch after finishing any and all workouts