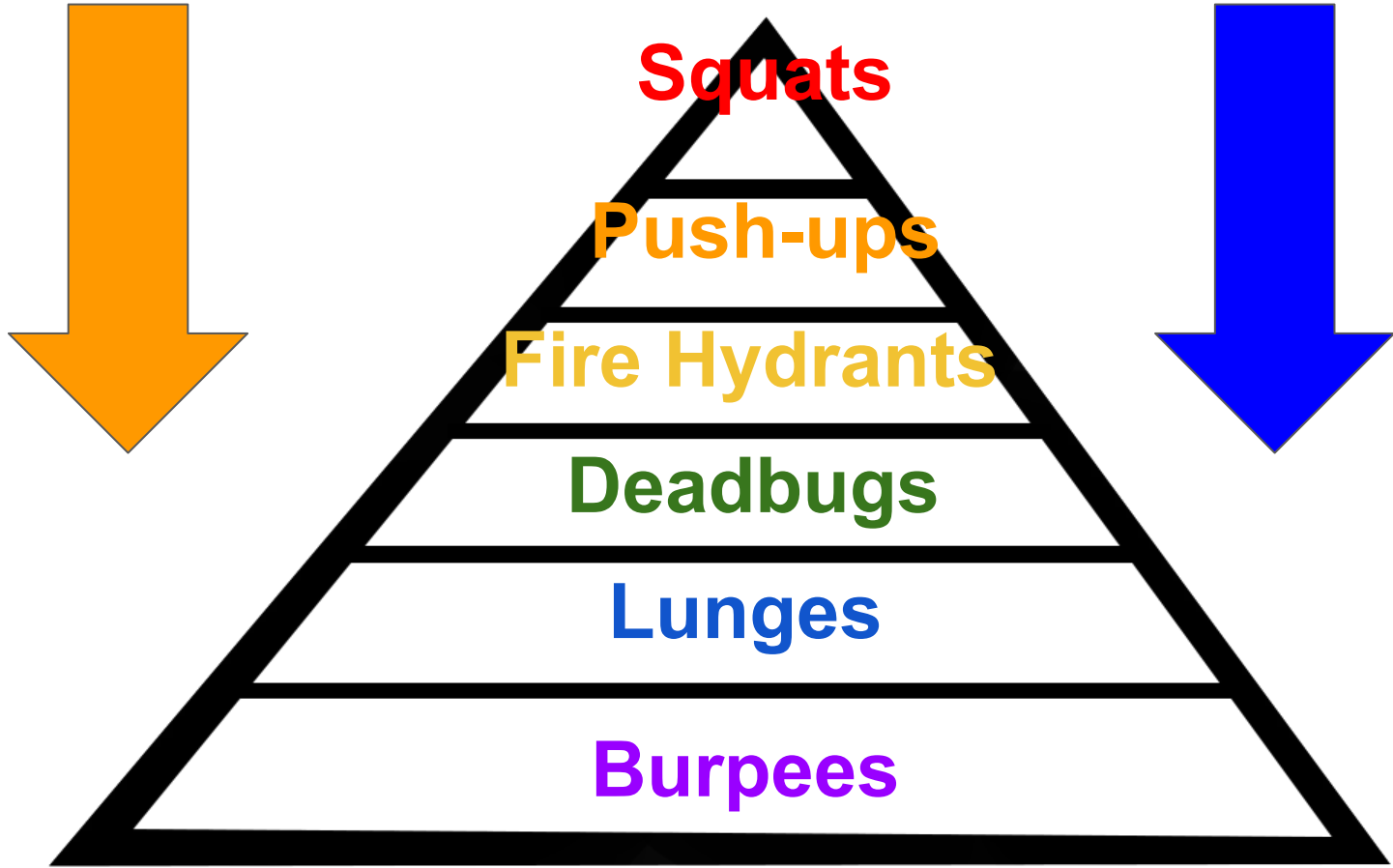


Pyramid Workout



4/20/20



Set 1

5 Squats



Set 2 - 5 Squats & 5 Push-ups



Set 3- 5 Squats, 5 Push-ups, 10 Fire Hydrants



Set 4- 5 squats, 5 Push-up, 10 FH, 10 Deadbugs



Dead Bug

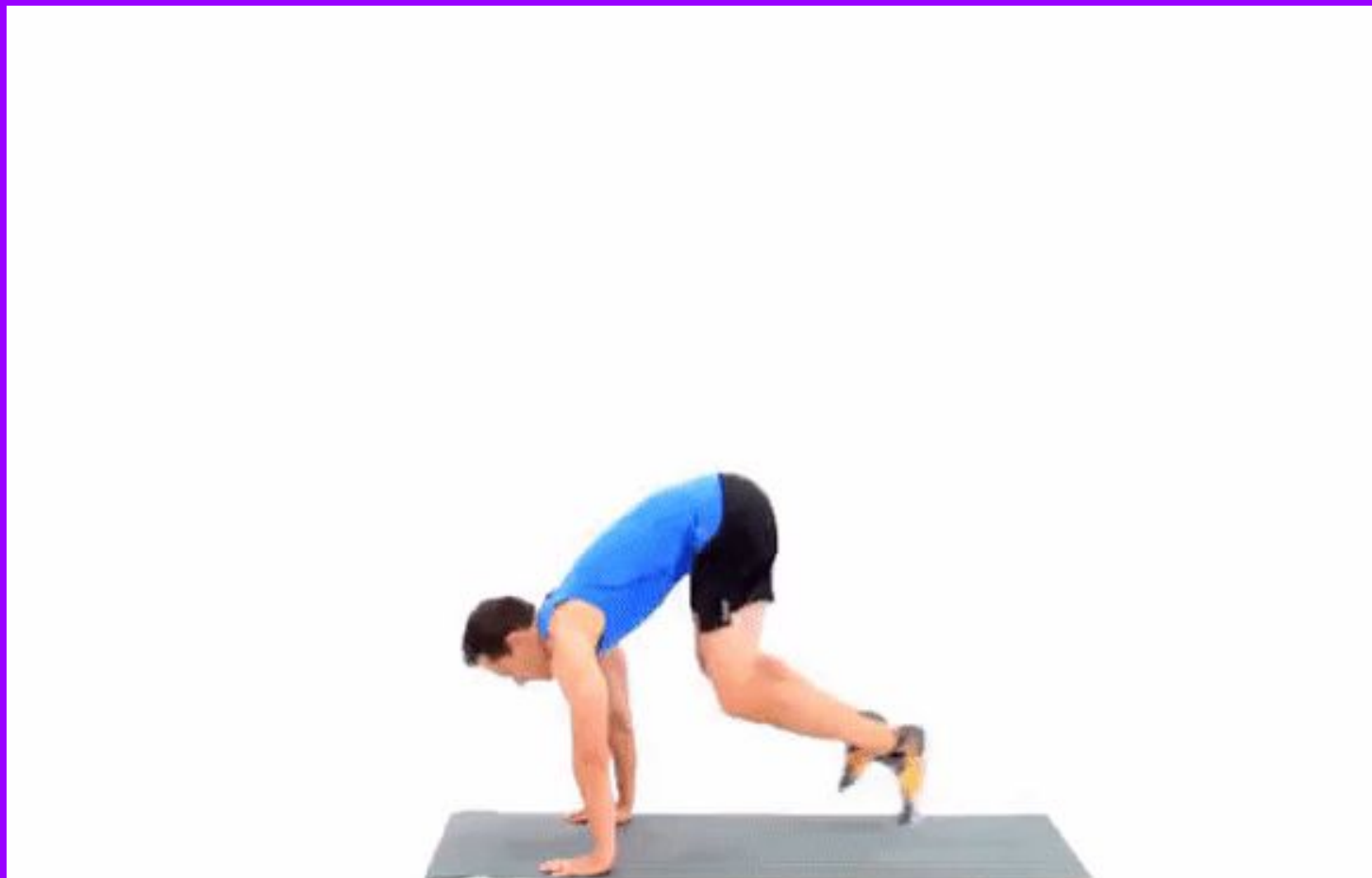


Set 5- 5 squats, 5 push-ups, 10 FH, 10 DB, 10 Lunges

LUNGES



Set 6- 5 squats, 5 PU, 10 FH, 10 DB, 10 Lunges, 10 Burpees



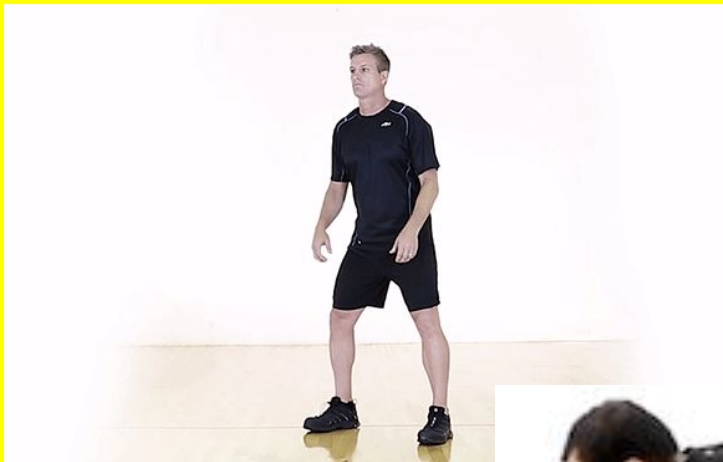
Set 1 5 Squats



Set 2 - 5 Squats & 5 Push-ups



Set 3 5 Squats & 5 Push-ups, 10 Fire Hydrants



Set 4-
5 squats
5 Push-up
10 Fire Hydrants
10 Deadbugs



Set 5-
5 squats,
5 push-ups
10 Fire Hydrants
10 Deadbugs
10 Lunges

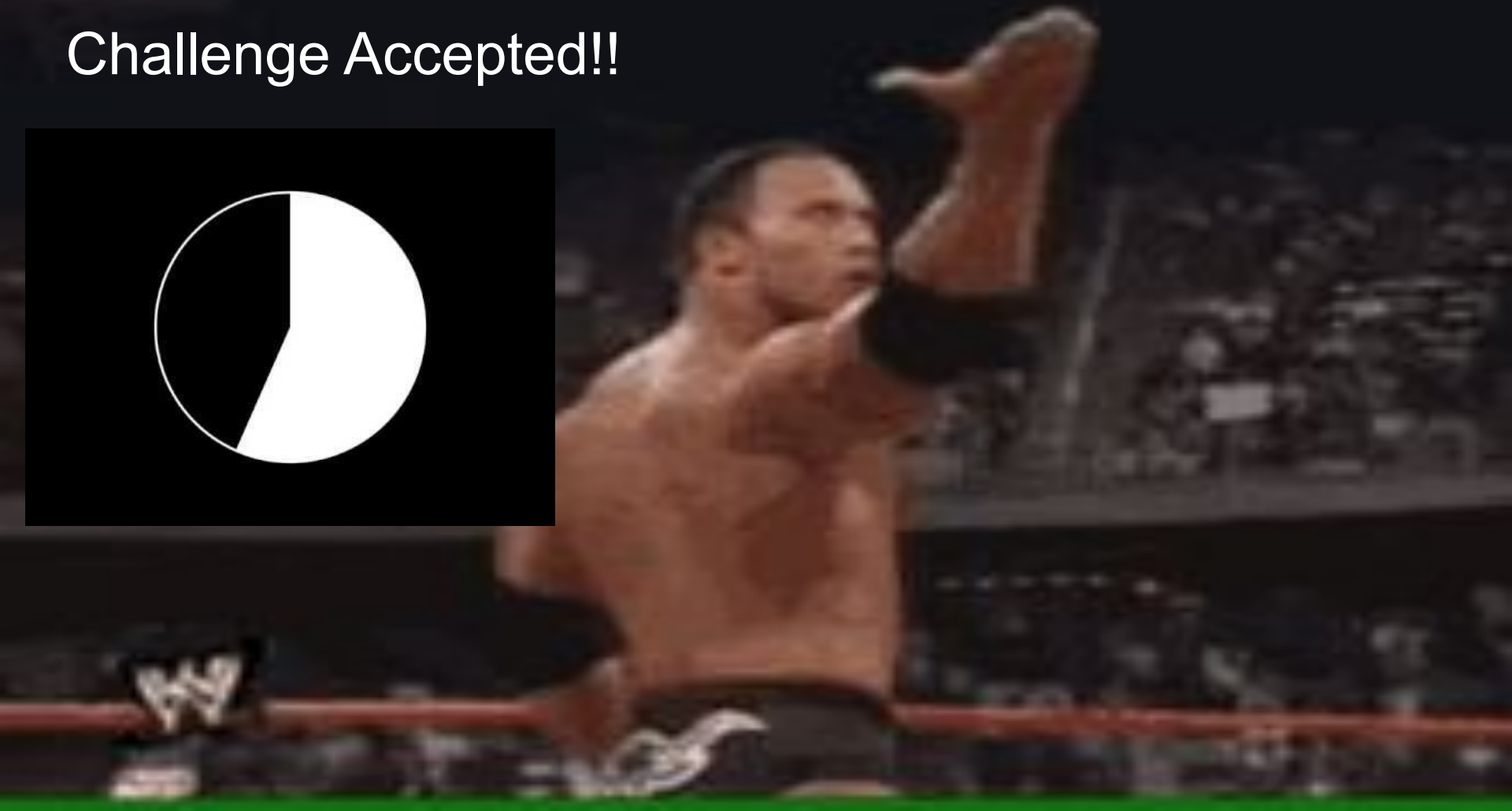
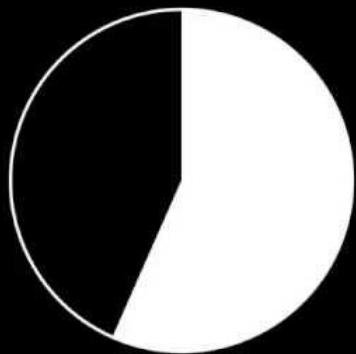
LUNGES

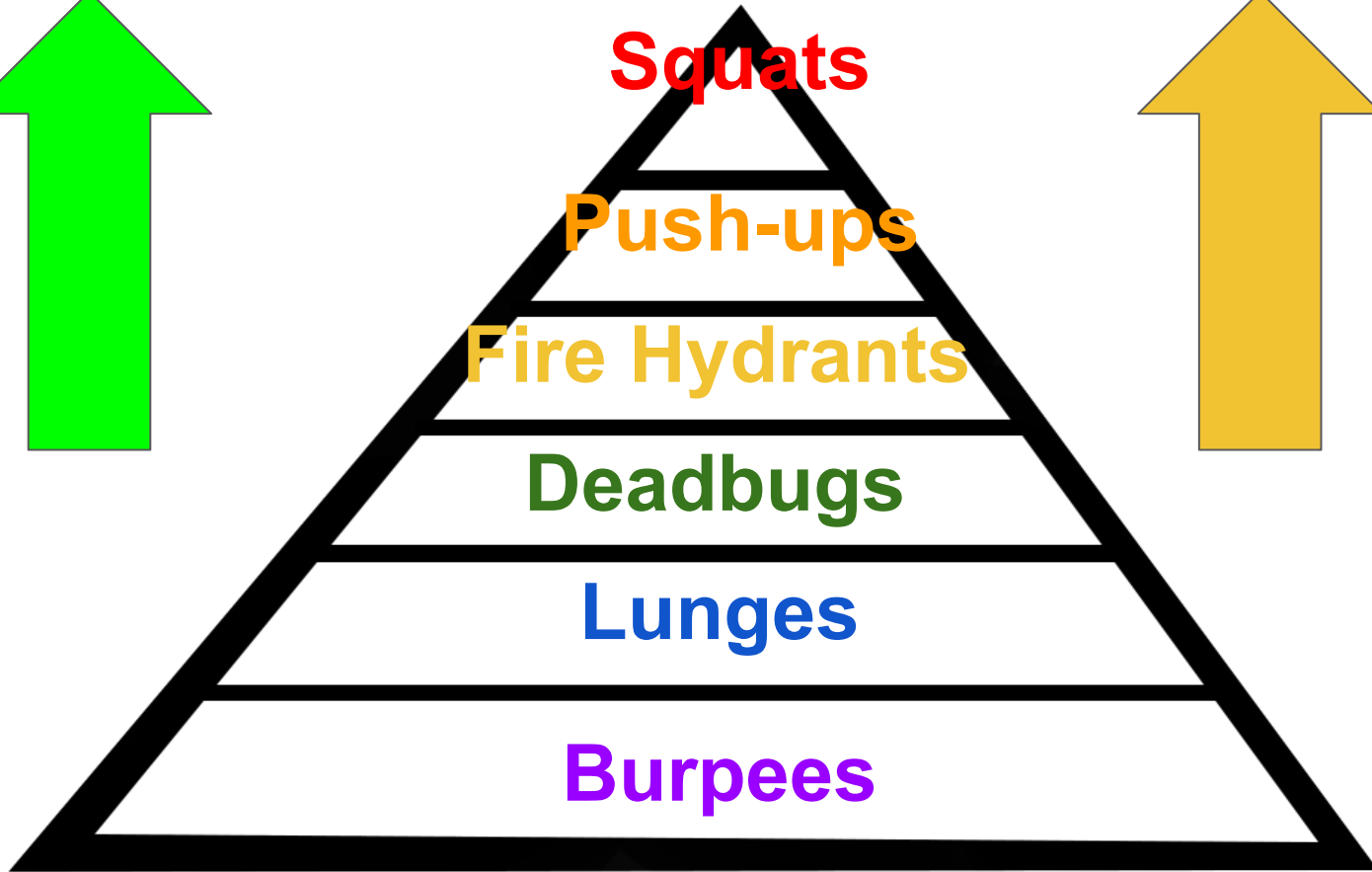
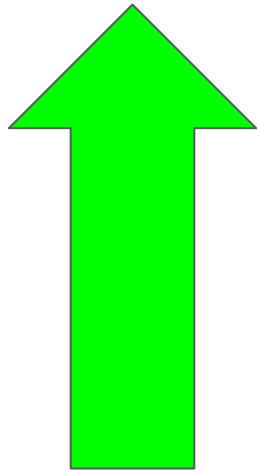


Set 6-
5 squats,
5 push-ups
10 Fire Hydrants
10 Deadbugs
10 Lunges
10 Burpees



Challenge Accepted!!





Squats

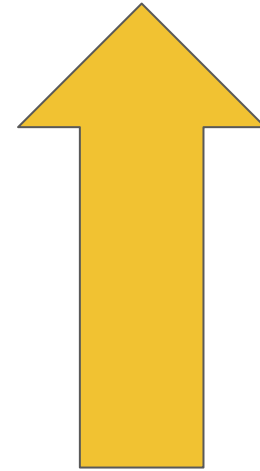
Push-ups

Fire Hydrants

Deadbugs

Lunges

Burpees



Set 1- 5 Burpees



Set 2-
5 Burpees
10 Lunges

LUNGES



Set 3-
5 Burpees
10 Lunges
10 Deadbugs



Set 4-
5 Burpees
10 Lunges
10 Deadbugs
10 Fire Hydrants



Set 5-
5 Burpees
10 Lunges
10 Deadbugs
10 Fire Hydrants
5 Push-ups



Set 6-
5 Burpees
10 Lunges
10 Deadbugs
10 Fire Hydrants
5 Push-ups
5 Squats



Challenge Time!

