

Ascending Pyramid

The Ascending Pyramid works by increasing weight and decreasing the repetitions for each set. You are meant to use your lightest weight in the first set. For example, if you have five pound dumbbells in the first set, you may move up to ten pounds for the next set since you'll be lifting those weights for less repetitions. Do not be afraid to lift heavy as this workout is meant to push you past your comfort zone—you are stronger than you think. However, as always do not compromise proper form. If you feel your form start to get shaky, then lower the weight.

Try something new and relight your fitness spark, it's time to build a pyramid!

Ascending Pyramid: Increase the weight and decrease the repetitions for each new set.

The charts below break down the pyramid workout:

Set 1 “warm-up”	Light weight	12-16 repetitions
Set 2	Light to medium weight	10-12 repetitions
Set 3	Medium weight	8-10 repetitions
Set 4	Heavy weight	4-6 repetitions

TRACK YOUR PROGRESS

EXERCISE	SET 1	SET 2	SET 3	SET 4
Barbell Back Squat	12-16 reps	10-12 reps	8-10 reps	4-6 reps
Bent Row	12-16 reps	10-12 reps	8-10 reps	4-6 reps
Bench Press	12-16 reps	10-12 reps	8-10 reps	4-6 reps

EXERCISE	SET 1	SET 2	SET 3	SET 4
Deadlift	12-16 reps	10-12 reps	8-10 reps	4-6 reps
Shoulder Press	12-16 reps	10-12 reps	8-10 reps	4-6 reps
Pull Ups	12-16 reps	10-12 reps	8-10 reps	4-6 reps

Circuit 1

Barbell Back Squat

Stand with feet shoulder width apart and the barbell resting comfortable across your shoulders. Press your hips back as you bend your knees, lowering your weight until your knees are at 90 degrees and your quads are parallel to the floor. Make sure to keep your weight in your heels and not let your knees pass your toes. Return to starting position.



Bent Over Row

Stand with feet hip width apart with a slight bend in your knees. Lean slightly forward at the hips to 45 degrees with arms straight and palms facing each other. Bend elbows to bring dumbbells toward your torso. Keep your elbows close to your sides throughout the movement. Return to starting position.



Bench Press

Lay on a bench flat on your back. If a flat bench is not available to you, perform exercise on the ground. Extend arms over your chest with palms facing away from you. Slowly bend your elbows and lower barbell toward your chest. When elbows are at about 90 degrees, press up to starting position.



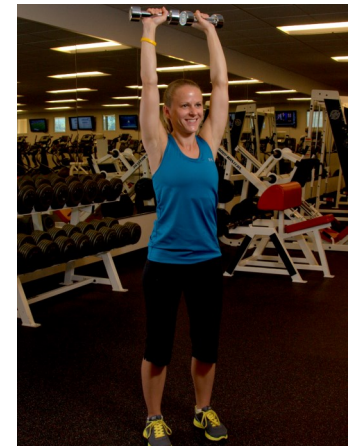
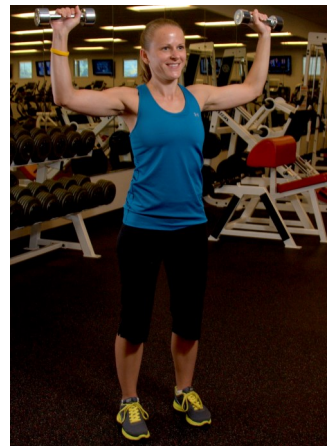
Deadlift

Stand with feet shoulder width apart. With dumbbells in hand, palms facing your legs, slowly hinge forward at your hips, bending your knees slightly and keeping your back straight until dumbbells are about knee height. Return to starting position.



Shoulder Press

Stand with feet hip width apart with dumbbells in hands. Start with elbows bent at 90 degrees and dumbbells overhead. With palms facing forward, slowly press upward until arms are fully extended overhead. Lower back down and repeat.



Lat-Pulldown

Begin sitting in good posture, keeping your head neutral. Grab both sides of the bar with your palms facing away from you and start with elbows fully extended. Slightly lean back. Slowly bring the bar towards your chest while driving your elbows down and back towards the center of your back until your elbows are at about 45 degrees. Slowly release the bar to start position and repeat.

