

Growth happens through perseverance. It's the times when we challenge our bodies to go beyond what we thought we could do that we see change. One way to challenge yourself is to do exercises that move you through different planes of motion. Another way to challenge yourself is to change the amount of weight and repetitions you perform during the workout. This pyramid style workout will move you through all planes of motion and truly challenge your perseverance.

Complete five sets of five exercises for this pyramid workout:

Set 1: Choose a light weight as you complete 10-12 repetitions

Set 2: Choose a medium weight as you climb up the pyramid for 8-10 repetitions

Set 3: Choose a heavy weight as you arrive at the peak of the pyramid for 4-6 repetitions

Set 4: Choose a medium weight as you head back down the pyramid for 8-10 repetitions

Set 5: Choose a light weight as you finish your pyramid with 10-12 repetitions

TRACK YOUR PROGRESS

Complete all 5 exercises in the first set before moving on to the next set. Make sure to rest 1-2 minutes between each set. Record the weight you select and the amount of reps you actually complete for each set.

EXERCISE	SET 1 (10-12 reps light)	SET 2 (8-10 reps medium)	SET 3 (4-6 reps heavy)	SET 4 (8-10 reps medium)	SET 5 (10-12 reps light)
Woodchop					
Glute Bridge					
Squat Press					
High Cable Row					
Cross Lunge					

Woodchop

Begin standing with feet hip width apart, knees slightly bent and toes pointing to the left. Hold a dumbbell with two hands to the side of your left knee. Slightly twist your torso and pull the dumbbell from your hip diagonally across your body to the opposite shoulder while keeping your arms straight throughout. Allow your toes to pivot as your torso twists, finishing with your toes pointing right. Remember to keep your back flat and strong. Perform repetitions on one side then do the same amount of repetitions on the other side.



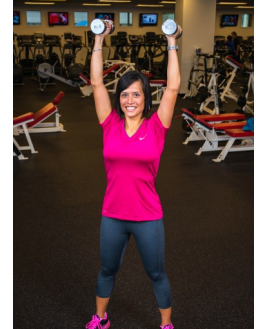
Barbell Glute Bridge

Lay on your back on the floor or a mat holding a barbell or body bar resting on your hips and your feet flat on the ground, hip width apart. Slowly lift your hips into the air and pause when your hips are in a straight line between your knees and shoulders. Hold position for 2-3 seconds and then lower back down to the mat.



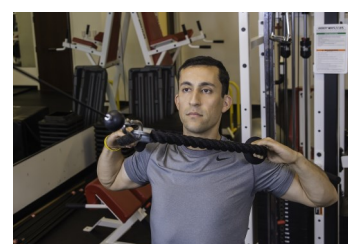
Squat Press

Stand with feet shoulder width apart, with dumbbells in hand, resting on 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 go past your toes. As you stand, press dumbbells straight overhead. Lower dumbbells back down to your shoulders and repeat.



High Cable Row

Place cable pulley height slightly above your head with the rope attachment. Stand with feet hip width apart. Grip the rope with an overhand grip with hands slightly above your shoulders. Slowly pull your hands toward your shoulders, squeezing your shoulder blades and engaging your back. Slowly release the cable back to starting position and repeat, making sure to control the movement with good posture.



Cross Lunge

Start with feet hip width apart and dumbbells in hands. As you step one foot backwards, cross the midline of your body and bend your knees into a lunge. Step your foot back to the start and complete on the opposite side.

