

Pyramid Workout Level 1

Pyramid workouts are a fast, fun and efficient way to structure your workout. This style of workout will result in eight completed rounds of eight different exercises. You may go as fast or slow as you feel comfortable with and rest when you need to.

Each individual exercise is intended to be completed for a total of 30 seconds before moving on to the next exercise. With each round, you will be going back to the first exercise and working your way through the pyramid.

For example, in round 1, you will complete jumping jacks for 30 seconds. In round 2, you will complete 30 seconds of jumping jacks and 30 seconds of reverse lunges with a squat. In round 3, you will complete your jumping jacks and reverse lunges and then add on bicycle crunches. You will continue building and adding until you have completed all eight rounds.

EXERCISE	Total Time
Jumping jacks (or steps)	30 Seconds
Alternating lunges (body weight)	30 Seconds
Crunch knee to elbow	30 Seconds
Lateral squat	30 Seconds
Russian twist (feet down)	30 Seconds
X jumps (or steps)	30 Seconds
Push-ups (knees)	30 Seconds
Mountain climbers (hands on bench or step)	30 Seconds

Jumping Jacks (or Steps)

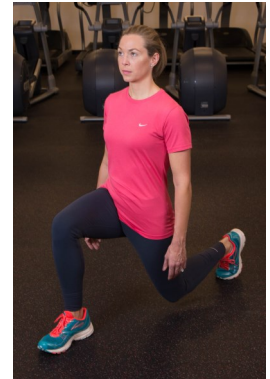
Begin by standing with your arms at your sides. Step your feet out one at a time while simultaneously lifting your arms up toward the sides of your head and back down. Repeat continuously.

To make this move more advanced, jump both feet out into a wide stance while simultaneously lifting your arms.



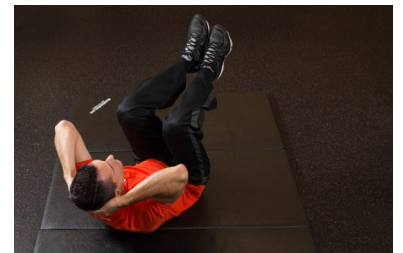
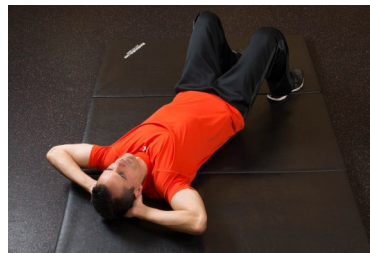
Alternating Lunges (Body Weight)

Begin standing with your feet together. Step your right leg forward, and lunge down until your front leg is parallel to the ground while allowing your knee to slide forward toward your toes. Your back leg should be bent to 90 degrees and hover just above the ground. Return to starting position, and switch legs.



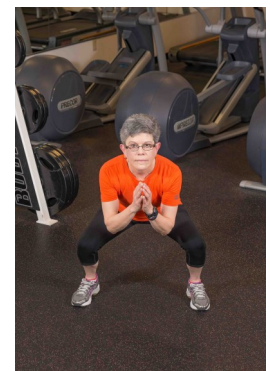
Crunch Knee to Elbow

Lie on the floor or a mat with your feet flat on the ground, knees bent and arms crossed over your chest. Crunch up, lifting your shoulder blades off the ground, while simultaneously bringing your elbows and knees toward each other. Slowly return to the starting position .



Lateral Squat

Stand with your feet together. Step your right leg to the right, and press your hips back as you bend your knees, lowering your weight until your quads are nearly parallel to the floor. Make sure to keep your weight in your heels and to not let your knees go past your toes. Push off your right foot to return to the starting position. Repeat on the other side by stepping to the left. Continue alternating side to side.



Russian Twist (Feet Down)

Sit on the floor or a mat with your heels on the ground, holding one dumbbell at your midline. Engage your core, and lean back slightly, keeping your back in a neutral position. At a controlled speed, contract your abs, and twist your torso to the left and then to the right. Repeat continuously.



X Jumps (or Steps)

Begin standing with your feet together, shoulders back and chest open. Step or jump your left leg wide. Keeping your left leg straight, bend your right knee, and sit backward while simultaneously reaching your left hand to meet your right foot. Step or jump back to your starting position, and repeat on the opposite side.



Push-ups (Knees)

Place your hands a little wider than your shoulders on the floor or a mat. Place your knees on the floor, aligning your hips with your shoulders. Slowly bend your elbows as you lower your body toward the mat. Press your hands hard into the ground, and raise yourself up from the floor into your starting position.



Mountain Climbers (Hands on Bench or Step)

Start with your hands up on a bench or a step positioned shoulder-width apart and your legs extended behind you. Quickly drive your knees in one at a time toward your chest. Engage your core throughout the motion.

