

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.

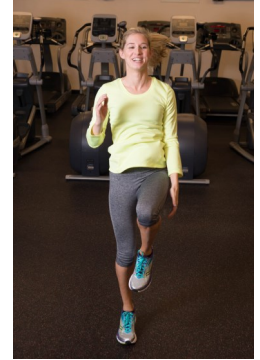
For example, in round 1 you will complete high knees for 30 seconds. In round 2, you will complete 30 seconds of high knees and 30 seconds of lunge jumps. In round 3, you will complete your high knees, lunge jumps and skier jumps. You will continue building and adding until you have completed all eight rounds.

The total time it should take you to complete this workout is about 20 minutes.

EXERCISE	Total Time
High knees	30 Seconds
Lunge jumps	30 Seconds
Skier jumps	30 Seconds
Squat hold	30 Seconds
Burpees	30 Seconds
Glute-bridge hold	30 Seconds
Reverse crunches	30 Seconds
Mountain climbers	30 Seconds

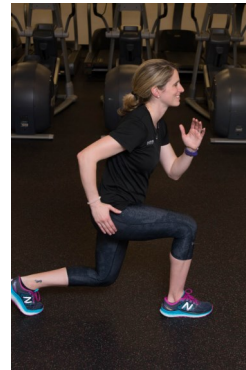
High Knees

While stationary, jog your knees up toward your waist one at a time. Pump your arms throughout the movement. Try to increase your speed. Perform continuously.



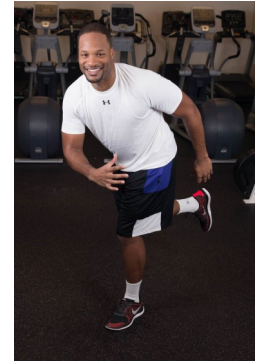
Lunge Jumps

Stand with one foot forward and the other foot back, with your toes facing forward and your knees bent slightly. Hinge your hips, and drive your back knee down until it is just off the ground as you bend your front knee to a 90 degree angle. Immediately jump upward, and quickly reposition your legs, landing softly with your feet in opposite positions. Immediately hinge your hips and again drive down into your lunge. Repeat continuously, switching back and forth.



Skier Jumps

Begin by standing with your feet together. Carefully hop your right leg to the right, bringing your left foot behind it on a diagonal. Then, immediately hop to the left with your left leg, bringing your right foot behind it on a diagonal. Try to balance on one leg with each hop. Repeat continuously.



Squat Hold

Stand with your feet about shoulder-width apart and your toes facing forward or slightly out. 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 spread throughout your whole foot. Hold the position.



Burpees

Begin standing upright. Bend down, and place your hands on the ground shoulder-width apart. Jump your legs back behind you so that you are in a high plank position. Immediately perform a push-up and then jump your legs back in and jump up with hands overhead.



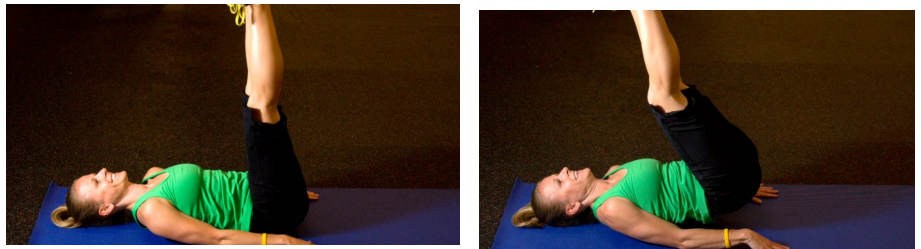
Glute-bridge Hold

Lie on your back on the floor or a mat with your arms at your sides and your feet flat, hip-width apart on the ground. Slowly lift your hips into the air, and pause when your hips are in a straight line between your knees and shoulders. Hold the position.



Reverse Crunch

Lie on your back on a mat with your arms by your sides and your legs up at 90 degrees. Lift your hips up off the ground, driving your toes upward. Lower your hips back down, and repeat. Pull your belly button toward your spine throughout the exercise.



Mountain Climbers

Start in a high plank with your hands directly under your shoulders and your legs extended behind you. Quickly drive your knees in one at a time toward your chest. Engage your core throughout the motion.

