

Your week 5 workout is listed below.

Directions:

Perform a 5-10 minute warmup.

Perform the workout in pyramid format. For example, perform the first exercise, then the first and second exercise, then the first, second and third exercise. You will continue to add until you are through 8 full sets and have completed all of the exercises. If there is a * next to the exercise, complete reps on both sides of the body or switch sides halfway through the time given.

TRACK YOUR PROGRESS

Cross off each set as you go!

PYRAMID WORKOUT	
EXERCISE	REPS/TIME
Dumbbell Wood Chops*	6 reps per side
Bent Over Rows	12 reps
Pushups	12 reps
Single Arm Squat Press*	6 reps per side
Circle Crunch*	30 seconds
Tricep Dips	12 reps
Glute Bridge	20 reps
Lunge Jumps	1 minute

Exercise: Dumbbell Wood Chops

Advance: Increase Weight



Exercise: Bent Over Rows

Advance: Row to Fly



Exercise: Pushups (On Knees)

Advance: Pushup to Dumbbell Row



Exercise: Single Arm Squat Press

Advance: Increase Weight



Exercise: Circle Crunch



Exercise: Tricep Dips

Advance: Lift One Leg



Exercise: Glute Bridge

Advance: Add Barbell or Dumbbells



Exercise: Alternating Lunges

Advance: Jump Lunges

