

Pyramid Workout

Each athlete is to do each activity consecutively—that is; start with 1 push-up, 1 jump squat, 1 plank reach and 1 burpee.

Then do 2 push-ups, 2 jump squats, 2 plank reaches and 2 burpees.

Then do 3 push-ups, 3 jump squats, 3 plank reaches and 3 burpees.

Continue all the way up until you do 10 push-ups, 10 jump squats, 10 plank reaches and 10 burpees.

Then work your way back down to 1 set of reps—that is; 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.

Remember, do all 4 activities in a row and then move to the next set of reps.

