

Pyramids! Do these all at once for a great complete workout, split it in half and alternate days or do 1/2 in the morning and 1/2 at night, OR break them up into 5, 10 or 20 minute workouts to sprinkle into your days... For each Pyramid, start with 10 reps of exercise 1 and then 10 reps of exercise 2. Then 9 reps of ex. 1 and 9 reps of ex 2. Then 8x ex.1 and 8x ex.2. See where this is going? You got it! All the way to 1 and 1! Then on to the next Pyramid!

Strength Circuit:

PYRAMID 1:

Exercise 1: Leg Lifts **Exercise 2:** Russian Twists

PYRAMID 2:

Exercise 1: Push Ups **Exercise 2:** Side Plank Twists

PYRAMID 3:

Exercise 1: Sumo Squats **Exercise 2:** Monkeys

PYRAMID 4:

Exercise 1: Curtsey Squats **Exercise 2:** Speed Skaters

PYRAMID 5:

Exercise 1: Fire Hydrants **Exercise 2:** Hip Bridges

Cardio circuit: (same as last week!)

1 minute of each of the following exercises:

- 1. Line jumps:** Jump with two feet together side to side over a line or small object (you can also step or jump from one foot to the other - just lift the knees nice and high). If you need to rest, don't stop, just move to the low impact version.
- 2. Sit down stand ups or your squat of choice** (pictured below: Sumo Squat Box Lifts).
- 3. Plank jacks** (or jumping jacks if you have back neck or shoulders).
- 4. Jog or march in place with high knees**
- 5. Speedskaters:** Keep the back flat, chest open and abs pulled in! Jump side to side from one foot to the other. Like you're jumping back and forth over a small stream or something.
- 6. Option to add a minute of lunges or jumping lunges** - bonus if you do a minute on each side!

PYRAMID 1:

10 leg lifts lying on your back (keep the spine pressed into the ground and neck and shoulders relaxed).



Modification options:



Then sit up, bend the knees and hinge your torso back until your abs feel engaged and working and do **10 Russian Twists on each side**.



PYRAMID 2: 10 push ups

Push Up Modification options:



10 Side plank twists on the right side and then 10 Side plank twists on the left side.



Side Plank Modification:



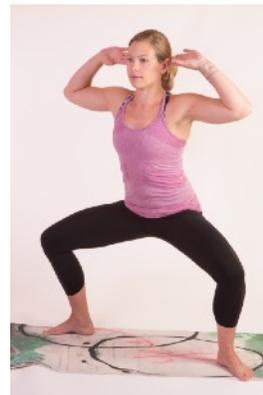


PYRAMID 3:

10 sumo squats (feet wider than shoulders and turned out a bit - torso stays upright)

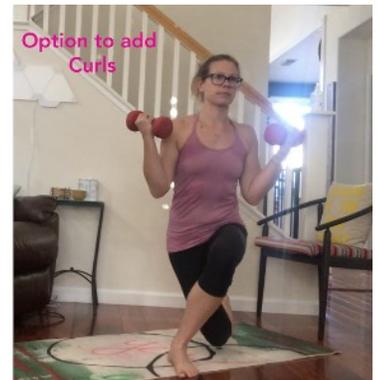
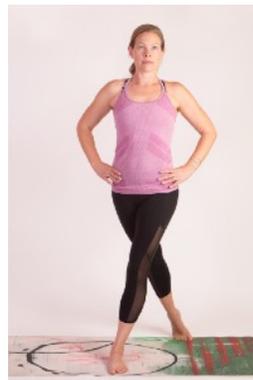


10 Monkeys (Hold that sumo squat low and place hands behind the head, lean to one side and try to get that elbow down to that knee and then come back to center and lean to the other side - that equals 1 rep).



PYRAMID 4:

10 Curtsey Squats on each side (alternating)



and **10 speed skaters** (Side to side counts as 1 rep) - Jump from one foot to the other, from one end of your yoga mat to the other. Step or do side lunges here for a lower impact modification.

PYRAMID 5:

10 fire hydrants on each side (pull the belly button in to engage the abs. Keep the spine straight and neck long. Lift one leg out to the side like a dog peeing on a fire hydrant (it's not just a cool name!).



Add an extension at the top for extra ab and glute work!



10 hip bridges You can do two legs or 1 leg at a time to make it harder! Repeat up the pyramid!



Try one leg at a time bridging to make it harder!

