

Total Bodyweight Pyramid

Equipment: None

The Workout:

- Start with a 5-10 minute warm-up.
- Complete the circuit below starting with 5 reps of each exercise. Repeat the circuit completing 10 reps, then 15, 10, and finally 5 again. For more advanced exercisers add another set of 15 before dropping back down to 10.

Reps: 5 - 10 - 15 - 10 - 5

Advanced Reps: 5 - 10 - 15 - 15 - 10 - 5

The Exercises:

- Squat or Squat Jump
- Burpee
- Push-Up to Downward Dog
- Side Lunges
- Spiderman Plank
- Walkouts/Inchworms