

## Pyramid Challenge (4 Workouts Per Week)

### Week 1

#1

1. Burpees
2. Jump Lunges
3. Bicep Curl + Shoulder Press

#2

1. Push Up + 4 Mountain Climbers
2. 2 Jumping Jacks + 2 Plank Jacks
3. Row + Deadlift

#3

1. Plank Shoulder Taps
2. Bridge Reach Overs
3. (R) Step Up + Backward Lunge + (L) Step Up + Backward Lunge

#4

1. 2 Jumping Jack + 2 High Knees
2. (R) Side Lunge Balance + (L) Side Lunge Balance
3. Superman + Push Up

### Week 2

#1

1. Star Burpees
2. 2 Way Bicep Curls
3. Reverse Fly

#2

1. Tuck Jumps
2. Plank Toe Taps or Shoulder Taps
3. Weighted Squats

#3

1. 4 High Knees + 4 Low jumping Jacks
2. Alt. Lateral + Frontal Shoulder Raise
3. Bicycles (Abs)

#4

1. Alt. Lunge + Bicep Curls (R&L = 1)
2. Wood Chopper (R) + (L)
3. Crab Toe Touch (R+L =1)