

Session 1:

Pyramid Style Workout

Complete 2-3 Sets (Rest when needed)

30 Jump Squats	<i>(Alt: Bodyweight Squats or DB Squats)</i>
25 Bent Rows	<i>(Alt: Renegade Rows)</i>
20 Squat + Presses	<i>(Alt: Squat + Curls)</i>
15 Reverse Lunges (Per Side)	<i>(Alt: Stiff-legged Deadlifts)</i>
10 Burpees	<i>(Alt: Burpees w/Hands on Chair)</i>
100 Running High Knees (Total)	
10 Inchworms	<i>(Alt: Push Ups)</i>
15 Dips	<i>(Alt: Triceps Extensions or Triceps Kickbacks)</i>
20 Push Ups	<i>(Alt: Chest Presses or Skull Crushers)</i>
25 Mountain Climbers	<i>(Alt: Running High Knees)</i>
30 Plank Jacks	<i>(Alt: Star Jumps)</i>

Ab Work:

12 Reps for the first round

10 Reps for the second round

8 Reps for the third round

Jackknives Or Zombie Sit Ups

Twisting Ab Crunches Or Bicycles (Both Sides = 1 Rep)

Scissor Kicks Or Leg Raises