

PROJECT: GET IT DONE TOGETHER

Pyramid Workout

For this workout, imagine you are climbing down and up a mountain! You start at the top of the mountain and perform each exercise as listed, subtracting 5 reps (reps = number of times you do the exercise) until you get to the bottom (20-15-10-5) then work your way back to the top by adding 5 reps of each exercise (5-10-15-20).

Workout A: Climb down

- **20 Jumping Jacks:** Jump your legs out into a straddle and reach your arms out to each side. Jump to bring your feet back together and bring your arms back to side of your body.
- **15 Skater Hops:** Bring your right leg behind your left, then hop to the right landing with your left leg behind your right. Repeat on each side.
- **10 Push Ups:** Get into plank position, firmly press your hands into the floor, bend your elbows and lower your entire body to the ground. Be sure to keep your body in straight line.
- **5 Inchworms:** Stand up tall, bend over to touch your toes while keeping your legs as straight as you can. Walk your hands out to plank position, then walk your feet into your hands.

Workout B: Climb up!

- **5 Inchworms:** Stand up tall, bend over to touch your toes while keeping your legs as straight as you can. Walk your hands out to plank position, then walk your feet into your hands.
- **10 Push Ups:** Get into plank position, firmly press your hands into the floor, bend your elbows and lower your entire body to the ground. Be sure to keep your body in straight line.
- **15 Skater hops:** Bring your right leg behind your left, then hop to the right landing with your left leg behind your right. Repeat on each side.
- **20 Jumping Jacks:** Jump your legs out into a straddle and reach your arms out to each side. Jump to bring your feet back together and bring your arms back to side of your body.

