

POWER PYRAMID

Workout

Be sure to warm up before you begin and always perform proper form and technique.

PERFORM THE NUMBER OF REPS AS INDICATED.
TAKE BREAKS AS NEEDED.

Jumping Jacks | 100 reps
Mountain Climbers | 90 reps
Plank Hold | 80 seconds
Heel Taps | 70 reps
Speed Skaters | 60 reps
Squat Jacks | 50 reps
Plank Jacks | 40 reps
Crunch With Clap | 30 reps
Tricep Dips | 20 reps
Elevated Push-Ups | 10 reps

Muscle soreness that lasts a few days is normal and can be expected. Consider it a reminder of what you've accomplished! A few minutes of gentle stretching after your workout will help to reduce soreness.

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