Royally Fit: 25 Minute Slider Pyramid Workout

Join me for a 25-minute workout that lengthens and strengthens at the same time!!

What you will need:

- Sliders, paper plates, or big comfy socks to use on a wood floor.

Warm-Up:

- Various moves to get that body warm like jogging on the spot and light squats.

Workout: We are doing each move for 5, 10, 15, 20, 15, 10, & 5.

- **Sliding curtsey lunge, left** –Starting with your right leg in front, you're going to slide your left leg behind you and off to the side a little bit to really work the gluts. Make sure you keep your back flat, your chest up, your core in, and don't let that front knee go past your toe!

- **Sliding curtsey lunge, right** – Same as above on the opposite side.

- **Push-up with 2 sliding mountain climbers -** Complete one push-up on or off your knees, followed by alternating slide-ups/mountain climbers.

Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.

Make today badass!
Ashley Dale Grant