



25 Minute Pyramid Workout

Slow and steady with control is the key to surviving this workout!

What you will need:

- Set of dumbbells. Ideally a lighter and heavier set

Warm-Up:

- Quick Tabata warm up alternating between jumping jacks and 4 punches with 2 hooks. 3 rounds of each for a quick 3 minute warm up

Workout:

- Today we are doing a pyramid style workout. You have 4 moves, the first will be performed for a total of 20 seconds with a 10 second break. The second we perform for 30 seconds with a 10 second break. We continue with this until we get to our 60 second move which goes back to move number 1. We keep climbing until we reach our 90 second move. Then to make things fun, we start from the top and work our way back down until we reach our 20 second move.

Circuit 1

- **20 – Double Leg Extension** – Starting in a dead bug position, slowly extend your arms and legs straight out, being sure to keep your back flat. Return to starting position.
- **30 Pistol Squat (single leg squat)** Muahahaha I love this move. I used my coffee table for this, but you can use a chair or bench. Standing in front of your seat, lift one leg off the ground and out in front of you, so you are stabilizing on one leg. Now slowly, and with control squat down until your bum hits the chair, driving through your heel on your stabilizing leg and return to standing position.
- **40 - The Statue of Liberty** – Hold the dumbbell in your right hand, lifting your right foot up off the floor. Slowly and with control bring the weight, towards your left foot while bending your stabilizing leg (basically a single leg squat) return to starting position and perform a shoulder press. Be sure to switch sides with each set
- **50 – Renegade Row to Stand with Bicep Curl** - Remember you can modify this to work for you. Perform your rows on your knees or on your toes. Keep your hands in line with your shoulders, and your bum down and in line with the rest of your body. We don't want sinking / arched backs or bums up in the air, so make sure your body is straight. Perform one row on each side and either step or jump up into a squat position. Stand up straight and perform a bicep curl. Return to starting position.
- **60 - Double Leg Extension**
- **70 - Pistol Squat (single leg squat)**
- **80 - The Statue of Liberty**
- **90 - Renegade Row to Stand with Bicep Curl**

Cool Down/Stretching

Make today badass!
Kaylie Ginn



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- Complete 5-10 minutes of nice gentle stretching.

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