

Be Fit. Be Strong. Be Confident

## Mini Pyramid

Make sure you warm up for 3 - 5 minutes before your workout

Always work at your own pace, it's not a race!

Alternatively, as a progress check, time yourself then repeat the workout in a few weeks to see if you can beat your time.

Focus on technique to ensure you are targeting the right muscles.

Don't forget to warm down & stretch when you finish!

Exercise	Reps	Notes
Burpees	10	
Triceps Dips	20	
Push Ups	30	Choose your level * knees * toes * incline
Bicycle crunches	40	Nice & slow, don't rush them
Wide low Squats	50	
2 minutes cardio		Your choice * jog * skip * rowing
Wide low Squats	50	
Mountain Climbers	40	
Push Ups	30	
Triceps Dips	20	
Burpees	10	