



PYRAMID ACCUMULATOR

WHAT TO DO:

Complete the first STATIONARY EXERCISE for 20 reps and then do the first TRAVELING EXERCISE.

Next, do stationary exercise #1 AND stationary exercise #2 for 20 reps each and then do traveling exercise #1 and traveling #2 up until you are doing ALL of the exercises in each column!each column.

STATIONARY EXERCISES

Squat Jacks
Bridges & Tricep Dips
Pushups
Lunges
Burpees
Situps

20 REPS EACH

TRAVELING EXERCISES

Sprint Somewhere
Walking Lunges
Hi Skips
Shuffle (right/left)
Long Jumps
Hi Knees
Sprint Somewhere