

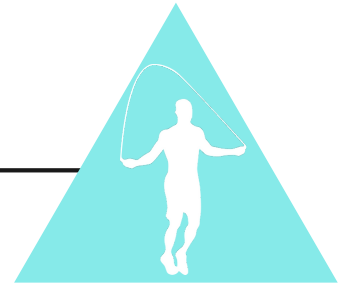
PYRAMID

FRIDAY WORKOUT CHALLENGE

50

JUMP ROPES

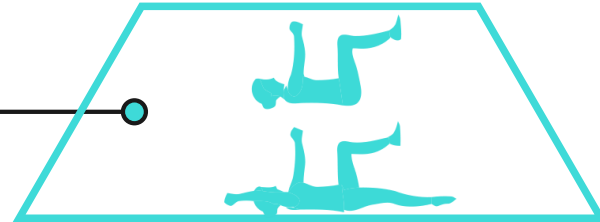
Modification: March in Place



40

Dead Bugs

Modification: Standing knee raise with opposite arm extension



30

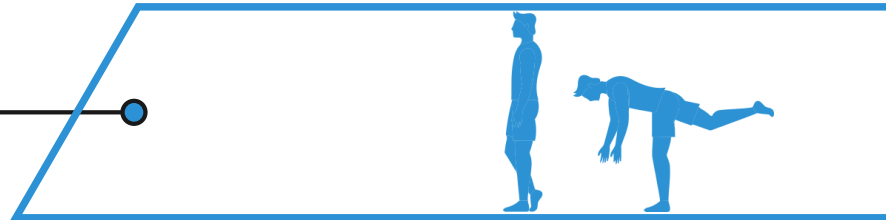
Wall Sits



20

Single Leg Dead Lifts

Modification: Keep one toe down on the back leg



10

Burpees

Modification: Use elevated surface and step one foot back at a time



Complete the Pyramid Fitness Challenge by starting at the bottom and moving your way up the pyramid. Complete the entire pyramid at once or split the exercise repetitions up, for example, 30 second wall sit can be done in 2 sets of 15 seconds or 3 sets of 10 seconds, as long as all 30 seconds are completed before moving on to the next tier in the pyramid! Modifications are listed underneath exercises. Demonstrations for all exercises can be found in the corresponding video.