



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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PYRAMID WORKOUT

ADD-ON PYRAMID WORKOUT

from Kiaja Kenard, Health & Wellness Manager at the Southwest YMCA

The numbers next to the exercises are how many reps you complete.

Pyramid Example:

Round 1: 1 deadlift

Round 2: 1 deadlift + 2 tuck jumps

Round 3: 1 deadlift + 2 tuck jumps + 3 push-ups

...then continue to build your pyramid with each additional movement for rounds 4-12.

*Repeat pyramid or work in reverse to extend workout

For weight: Use a laundry basket filled with objects for your deadlift, and milk jugs, canned goods or dumbbells if you have them for your tricep extensions, bicep curls, overhead presses and front raises.

1 - Deadlift

2 - Tuck Jumps

3 - Push-ups

4 - Bird Dogs

5 - Burpees

6 - Tricep Extensions

7 - Bicep Curls

8 - Squats

9 - Overhead Presses

10 - Calf Raises

11 - Front Raises

12 - Star Jacks