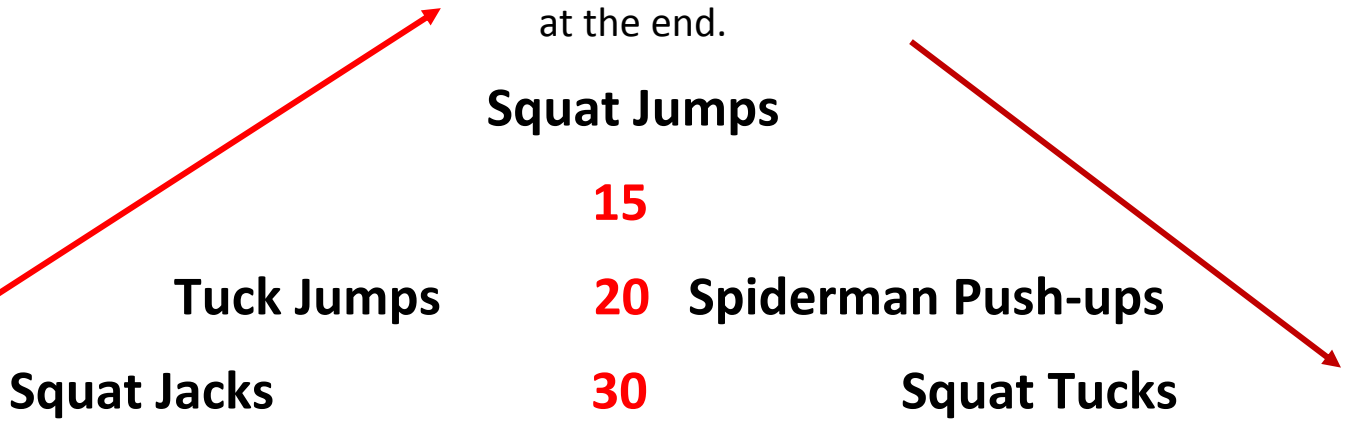


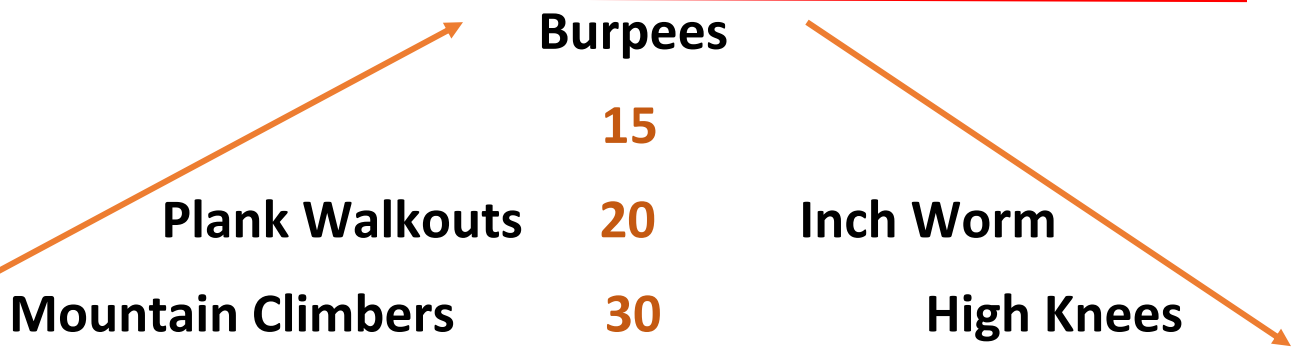
Workout of the Day

For each pyramid, move from left to right, completing each exercise for the numbers of reps or seconds in that row. At the bottom of the pyramid, rest for 1 minute and move down the pyramid, resting again at the end.



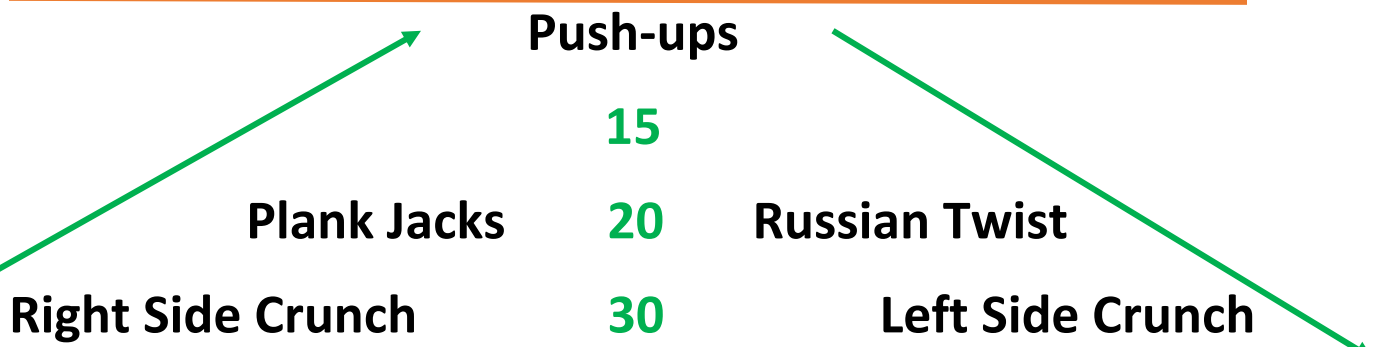
A red pyramid diagram with three levels. The top level is 'Squat Jumps' with 15 reps. The middle level has 'Tuck Jumps' (20 reps) on the left and 'Spiderman Push-ups' (20 reps) on the right. The bottom level has 'Squat Jacks' (30 reps) on the left and 'Squat Tucks' (30 reps) on the right. A red arrow points from the bottom left to the top, and another red arrow points from the top to the bottom right.

Squat Jumps		
	15	
Tuck Jumps	20	Spiderman Push-ups
Squat Jacks	30	Squat Tucks



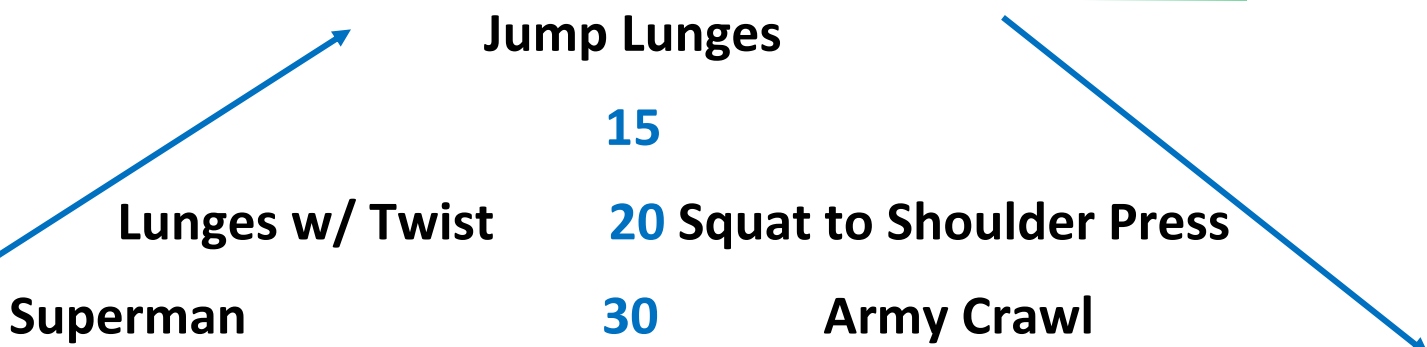
An orange pyramid diagram with three levels. The top level is 'Burpees' with 15 reps. The middle level has 'Plank Walkouts' (20 reps) on the left and 'Inch Worm' (20 reps) on the right. The bottom level has 'Mountain Climbers' (30 reps) on the left and 'High Knees' (30 reps) on the right. An orange arrow points from the bottom left to the top, and another orange arrow points from the top to the bottom right.

Burpees		
	15	
Plank Walkouts	20	Inch Worm
Mountain Climbers	30	High Knees



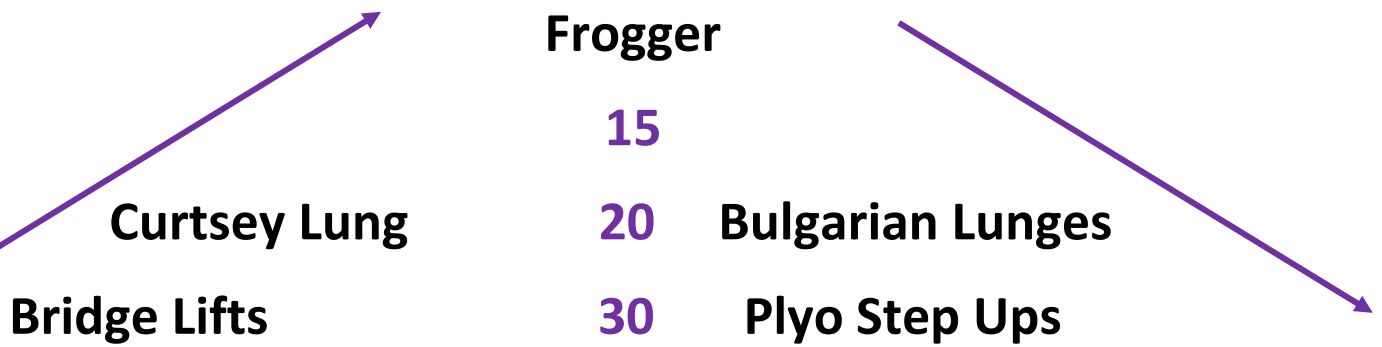
A green pyramid diagram with three levels. The top level is 'Push-ups' with 15 reps. The middle level has 'Plank Jacks' (20 reps) on the left and 'Russian Twist' (20 reps) on the right. The bottom level has 'Right Side Crunch' (30 reps) on the left and 'Left Side Crunch' (30 reps) on the right. A green arrow points from the bottom left to the top, and another green arrow points from the top to the bottom right.

Push-ups		
	15	
Plank Jacks	20	Russian Twist
Right Side Crunch	30	Left Side Crunch



A blue pyramid diagram with three levels. The top level is 'Jump Lunges' with 15 reps. The middle level has 'Lunges w/ Twist' (20 reps) on the left and 'Squat to Shoulder Press' (20 reps) on the right. The bottom level has 'Superman' (30 reps) on the left and 'Army Crawl' (30 reps) on the right. A blue arrow points from the bottom left to the top, and another blue arrow points from the top to the bottom right.

Jump Lunges		
	15	
Lunges w/ Twist	20	Squat to Shoulder Press
Superman	30	Army Crawl



A purple pyramid diagram with three levels. The top level is 'Frogger' with 15 reps. The middle level has 'Curtsey Lung' (20 reps) on the left and 'Bulgarian Lunges' (20 reps) on the right. The bottom level has 'Bridge Lifts' (30 reps) on the left and 'Plyo Step Ups' (30 reps) on the right. A purple arrow points from the bottom left to the top, and another purple arrow points from the top to the bottom right.

Frogger		
	15	
Curtsey Lung	20	Bulgarian Lunges
Bridge Lifts	30	Plyo Step Ups