

Workout of the Day

Total Body Reverse Pyramid

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Equipment Needed:

- Mat

Workout:

- Perform each exercise for the designated number of reps. Try not to rest between exercises. Rest 30 seconds between rounds.

Total Body Reverse Pyramid

Round 1:

60 Mountain Climbers
50 Skaters
40 Crunches
30 Burpees
20 Curtsy Lunges
10 Push-ups
5 Jump Squats

Round 2:

50 Mountain Climbers
40 Skaters
30 Crunches
20 Burpees
10 Curtsy Lunges
5 Push-ups

Round 3:

40 Mountain Climbers
30 Skaters
20 Crunches
10 Burpees
5 Curtsy Lunges

Round 4:

30 Mountain Climbers
20 Skaters
10 Crunches
5 Burpees

Mountain Climbers



- Start in a traditional plank — shoulders over hands and weight on just your toes.
- With your core engaged, bring your right knee forward under your chest, with the toes just off the ground. Return to your basic plank. Switch legs, bringing the left knee forward.
- Keep switching legs and begin to pick up the pace until it feels a little like running in place in a plank position.
- Perform reps per side.

Skaters

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- Start with your legs slightly wider than shoulder distance apart and arms at the sides.
- Bring one leg behind at a slight angle into a reverse lunge. The front knee will come to a 90-degree angle.
- Swing the arms in front of that bent knee and leap the back leg forward to switch sides in a skating motion. Arms alternate as you switch sides like a speed skater.

Crunches



- Lie down on your back. Plant your feet on the floor, hip-width apart. Bend your knees and place your arms across your chest. Contract your abs and inhale.
- Exhale and lift your upper body, keeping your head and neck relaxed.
- Inhale and return to the starting position.

Burpees



- Stand with your feet shoulder-width apart, weight in your heels, and your arms at your sides.
- Push your hips back, bend your knees, and lower your body into a squat.
- Place your hands on the floor directly in front of, and just inside, your feet. Shift your weight onto your hands.
- Jump your feet back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels. Be careful not to let your back sag or your butt stick up in the air, as both can keep you from effectively working your core.
- Jump your feet back so that they land just outside of your hands.
- Reach your arms over head and explosively jump up into the air. Land and immediately lower back into a squat for your next rep.

Curtsy Lunges



- Standing with a braced core and flat back, bring your hands together at chest height.
- Position your feet to be at hip-width. Beginning with the right foot, step backward and across your left foot.
- Simultaneously, bend the left knee and drop it towards the ground.
- Stop when the front right knee is parallel with the ground. Push off the ground with your right foot and return to the starting position.
- Perform reps per side.

Push-ups



- Start kneeling on an exercise mat or the floor and bring your feet together behind you.
- Bend forward to position yourself in a high plank, the top of a pushup position, with your palms flat on the mat, hands shoulder-width apart, and with your fingers facing forward or hands turned slightly in. Your shoulders should be positioned over your hands. Your feet should be together behind you and your back should be flat. Keep your abs pulled in.
- Slowly lower your body toward the floor. Maintain a rigid torso and keep your head aligned with your spine. Don't let your low back sag or your hips hike upward.
- Continue to lower yourself until your chest or chin touch the ground. Your elbows may flare out during the downward movement.
- Press upward with your arms. Continue pressing until your arms are fully extended at your elbows and you're back in the plank, at the top of the pushup position
- Modification: If this is too difficult, start on your knees.

Jump Squats



- Stand with your feet shoulder-width apart.
- Start by doing a regular squat, then engage your core and jump up explosively.
- When you land, lower your body back into the squat position to complete one rep. Land as quietly as possible, which requires control.