

BODY WEIGHT PYRAMID



Just you, gravity and an ancient structure.

What to do:

- Select three (or more) exercises. You can concentrate on one muscle group or spread it around for a full body workout. I gave you an example of a good full body workout.
- Warm up your whole body. Without stretching, go to the full range of motion in every joint and every muscle. Then get some light cardio (walk, jumping jacks, etc.)

LET'S DO IT

- Go through the prescribed repetitions of each exercise for each level of the pyramid with little or no rest between exercises.

The Pattern:

- Do 1 of each exercise. Take a short rest (20 seconds).
- Do 2 of each exercise. Take a short rest.
- Do 3 of each exercise.
- Do 4...
- All the way up to 10 of each exercise.

Feeling Saucy? Come back “down” the pyramid (9 of each, 8 of each...).

Remember: Keep your core braced for all exercises; butt tight, ribs aligned with hips and abs tight.

Exercise	Description
Pushups	Start from the plank position on your toes, knees or hands on a bench or counter. Lower yourself until your arms are parallel with the floor/bench/counter. Push back up. That's 1.
Air Squats	Nothing fancy. Do a solid squat, hinging from your hips and with your spine staying neutral. Go as low as you can without your hips rolling under.
4-Count Flutter Kicks	Lying Face up on the floor with your head back, spine neutral and abs braced, flutter kick your legs (like you are swimming) in about a one foot arc just above the floor. The count is “Left-right-left-1, left-right-left-2...”

FEEL THE AWESOME!!!!

