

WEEKEND WARRIOR WORKOUTS

The Pyramid

Perform the following exercises rest when needed

- 40 Mountain Climbers**
- 30 Body Weight Squats**
- 20 Lunges**
- 10 Knee- Grab Sit-ups**

- 10 Push-ups**
- 20 Bicycle Crunches**
- 30 High Knees**
- 40 Mountain Climber**

Repeat for 2 Rounds

Questions about this workout? Please leave them below