



Vicky's Pyramid Workout!

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Exercise	Description
<p>Pyramids (Home Workout) No equipment needed</p> <p>1 to 10 then 10 down to 1</p> <p>Jumping Jacks Squats Mountain Climbers</p> <p>Alternating Lunges Press Ups Burpees</p>	<p>Pyramid Workout for Gym Equipment required – Barbell + weights</p> <p>Pull Pyramid</p> <p>Deadlift Bent Over Row High Pull or Power Clean</p> <p>Push Pyramid</p> <p>Front Rack Lunge Front Squat Overhead Press</p>
	<p>My favorite kind of workout. Starting with 1 rep of each exercise, increase by 1 rep every time you complete all 3 exercises in each pyramid. Pyramid is complete when you have reached 10 reps of each exercise. Choose a light to medium weight, try to hold on to the barbell until you have completed all reps. Record your time.</p> <p>Progression for these workouts.</p> <ol style="list-style-type: none"> 1) Once you have completed the pyramid one way, start again by 10 and work your way back down to 1 rep of each exercise. 2) Increase your weights