

22

MINUTES

Do Circuit Once

Rest 1 Minute

 REPEAT!

**POWER PYRAMID**

1. **FOREARM PLANK JACKS**
2. **MOUNTAIN CLIMBERS**
3. **BURPEES**
4. **ALTERNATING CURTSY LUNGE**
5. **PUSH UPS**
6. **RUSSIAN TWISTS**
7. **PUSHUPS**
8. **ALTERNATING CURTSY LUNGE**
9. **BURPEES**
10. **MOUNTAIN CLIMBERS**
11. **FOREARM PLANK JACKS**