

## Pyramid

Alternating between exercises, do 5 reps of each, 10 reps of each.....

### 5-10-15-10-5 Reps

1	2	3	4
Swing	Squat	Single Leg Deadlift	Lunge
Push Up	Pullover	Single Arm Press	Single Arm Row

### 6-8-10-8-6 Reps

5	6
Rocking Plank	Side Plank Leg Lift
Knees to Elbows	Bird/Super Dog

## AMRAP (As Many Rounds As Possible)

Do as many rounds of each station as possible in 8 minutes.

1	2	3
Jump Squat x 16	Plyo Hip Extension x 16	Lateral Hop Over x 16
Towel/Band Row x 12	Handstand Push Up x 12	Diamond Push Up x 12
Climbers x 8*	Deadbug x 8*	Plank Twist x 8*

## Stability Ball Circuit

On a 1 minute running timer, no rest between exercises, 3 sets

1. Wall Squat
2. Supine Twist
3. Push Up
4. Whale
5. T
6. Plank
7. Hamstring Curl
8. SB Squeeze
9. Cobra