

Pyramid Power

5 Pushups
5 Situps
10 Lateral Lunges
10 Pushups
10 Situps
10 Lateral Lunges
15 Pushups
15 Situps
10 Lateral Lunges
20 Pushups
20 Situps
10 Lateral Lunges
15 Pushups
15 Situps
10 Lateral Lunges
10 Pushups
10 Situps
10 Lateral Lunges
5 Pushups
5 Situps