

UFIT Workout 13

PYRAMID WORKOUT

10 Push ups

20 Squats

30 Alternating Reverse Lunges or Jumping Lunges

40 Mountain Climbers

50 Jumping Jacks

60 Second Plank

50 Butt Kickers

40 High Knees

30 Alternating Side Lunges

20 Tricep Dips

10 Burpees

Repeat desired amount of times