



WEEK 1: FEEL THE BURN

STRENGTH PYRAMID

Get ready to work your full body! Do 15 seconds for all of the exercises before moving on to 30 seconds, then 45 seconds, then back down. Choose Champion, Warrior, or Super Hero to repeat the series.



Bear Crawl



1 Complete School of Strength Warm Up



Complete the pyramid:

- 15 seconds with 15 seconds rest
- 30 seconds with 30 seconds rest
- 45 seconds with 45 seconds rest
- 30 seconds with 30 seconds rest
- 15 seconds with 15 seconds rest

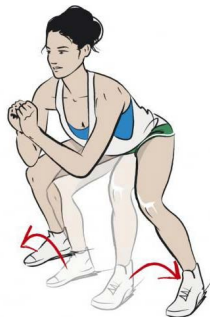


Walk Out Push Up



2 Bear Crawl

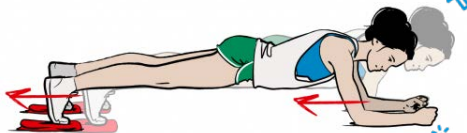
3 Walk Out Push Up



Squat Jacks



4 Body Saw



Body Saw



5 Lunge with Twist



Lunge with Twist



6 2 minutes rest & drink some water!

7 Champion: Repeat 1 more time
Warrior: Repeat 2 more times
Super Hero: Repeat 3 more times

8



Good Work!
Time to Cool Down



Good Work! Take a Break &
Go for 1 More Round!



Good Work! Take a Break
& Keep Going!