

Hi Fitness Folks!

Thank you so much for taking the time to check out this workout. While up north for Memorial Day weekend, I wrote this workout on a napkin. Yup. The important part of this little background story, is that you can workout anywhere, anytime, with only your own bodyweight. Bring your strong mental drive with you, as you are going to use it to push through this workout.

Here are a few tips to help with success in this workout.

1. Download a timer app. Here is the one I use and I found it in the apple app store:
 - a. Tabata Stopwatch
2. Do YOUR best, which only YOU know your limits.
3. Tell a friend before AND after you have completed the workout to help with accountability and a feeling of accomplishment.
4. Keep a very strong core throughout each of these exercises. Not only will this help you gain a strong and aesthetically appealing mid section, but also it will protect you from potential injuries to your other body parts (e.g. your lower back).
5. **YOU CAN DO ANYTHING YOU DECIDE YOU ARE GOING TO DO.** Make up your mind BEFORE you start this work out and when you are ready to give everything you can today, put on your favorite tunes and hit it hard!
I believe in YOU. Now it is time for you to believe in yourself.



It would be an absolute pleasure and genuinely appreciated, if you let me know how things went with this workout. Reach out!

SunshineKelly7953@gmail.com

Facebook Page: SunshineKellyKFF

*BigHugs!!!**

Sunshine Kelly



SunshineKelly7953@gmail.com

Pyramid Bodyweight Workout

Formula

Round 1: 60 Seconds ON, 15 Seconds Off

Go through all 10 movements.

Round 2: 45 Seconds ON, 15 Seconds OFF

Go through all 10 movements.

Round 3: 30 Seconds ON, NO OFF

Go through all 10 movements. NO REST in between the movements. You know the routine by Round 3, so hit it hard!

Round 4: 15 Seconds ON, NO OFF

Go through all 10 movements. NO REST in between the movements.

Alternative to a Stopwatch:

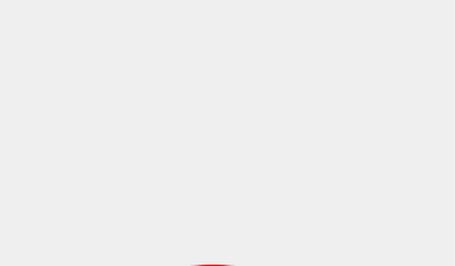
Pick a starting number, such as 10. Complete each of the 10 movements, 10 times. Then complete each of the movements nine times and so forth.

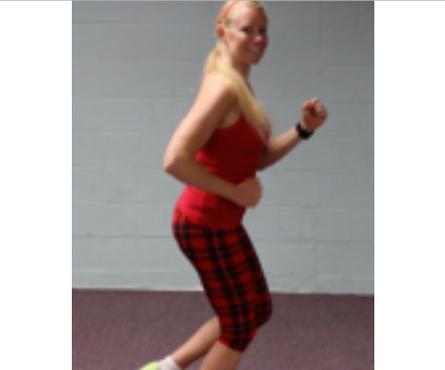
3 Things to know with this method:

1. Starting at 10 reps will take you about an hour and 15 minutes. If you have that to give, absolutely PUSH yourself to do start here. If you want a shorter workout, start at 10 reps and end at 5 reps for each movement.
2. You have to push yourself to keep going because there is not a clock to externally motivate you.
3. For movement #10 - Light Sprint - identify what "there and back" will be *before* you start your workout.



SunshineKelly7953@gmail.com

Exercise	Helpful Tips	Photos of Move	
Squat + Oblique Knee Crunch 1.	Knees turned OUT. Feel the knee crunch in your inner thigh		
Reverse Lunge + Bicep Curl 2.	Elbows are locked to the side of your body. ONLY hinge from your elbows to curl your palms up to your biceps		
High Plank + Shoulder Taps 3.	Arms straight. Hips will want to twist. Try to keep hips straight and not opening up to the side walls.		 No Hips Opening Up & Twisting
High Plank + Knee In, In 4.	Knees straight in to elbow, NOT across the body. Arms straight and under your shoulders. Flat Back & booty down.		
Ski Squat + Side Leg & Arm Raise 5.	Feet close together for ski squat. Strong arm when you extend it out to the side.		
Back Kick + Punch Forward 6.	Same arm and leg. Right arm punches and right leg kicks backward. Punch --- Lower leg and arm down, Raise leg and arm to punch, lower leg and arm down.		

Exercise	Helpful Tips	Photos of Move	Photos of Move
<p>Regular Push Ups</p>	<p>Strong back & TIGHT CORE! Please do not let your back dip down toward the ground on the way up. Keep your core strong when you raise up from the pushup. You can also be in full push up position to lower down, and then put your knees down to raise back up.</p>		
<p>Tricep Dips</p> <p>8.</p>	<p>Please look at the arms in this photo. The arms bend and the work goes in the back of the arm (i.e. triceps). We have a tendency to keep our arms straight, and push our pelvis up and down into the air. Your pelvis will not move up and down at all in this exercise. Some people prefer having their hands on weights, to take some of the pressure off of their wrists. If you use weights under your hands, please make sure your hands are still facing forward with fingertips toward your toes.</p>		
<p>Jumping Jacks</p>	<p>Stay strong during this exercise. Aim for getting your hands to touch over your head. Straighten your arms and keep a wide stance when you jack out with your feet.</p>		
<p>Light Sprint</p>	<p>Use this to recover while you are still moving.</p>		

That's a wrap! You did it!!!!!!! Now, drink water, tell someone people (like a your accountability friend and myself :-)) how you *feel* right now, and enjoy the rest of this beautiful day.

BigHugs!!!*