



**THE
FITNESS
GURU**

Guru's Pyramid 2

Sequence:

A then wait 30 seconds
AB then wait 30 seconds
ABC then wait 30 seconds
ABCD then wait 30 seconds
ABCDE then wait 30 seconds
then Reverse starting with
E
ED...

A. Surfer Jumps

Feet slightly more than shoulder width apart, knees bent, reach down and touch right foot with right hand. Jump 180 degree and touch the left foot with the left hand. That's one count.

B. Jump Squats (medicine ball)

Place a medicine ball at the base of the back of the neck and hold it there. Then Jump Squat keeping the chest lifted.

C. Jackknife

Lying on the step, legs to the ceiling, reaching the fingers up to the toes, head and shoulders off the step. With the head and shoulders up the entire time, simultaneously lower the legs toward the floor and take the arms over head, then return to the start position.

D. Ball Slam

Feet wide, knees bent, abs tight. Raise the medicine ball over head and slam it to the floor. Add a jump if so inclined.

E. Superman Pushups

Just like a push up, but at the bottom of the movement, lie flat on the floor and reach your arms out overhead. Place your palms flat and press back to plank. Repeat.

Beg: 10 reps each Int: 15 reps each Adv: 20 reps each

**Time yourself. Post results on Twitter,
Instagram or FB. #tfgpyramid**