



**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. Step Burpees

Jump on to the step, jump off of the step, place your hands on the step and thrust your legs out into plank, do a push up, draw the feet back in, stand and repeat.

B. Squats off the Step

Start standing on top of the step, facing the long way, feet parallel. Right foot steps off to the floor and into a squat. Come back up and repeat left. Right/left counts as one.

C. Push Ups off the Step

start with both hands on top of the narrow end of the step. Place the right hand on the floor and do a push up. Place the right hand on the step and repeat to the left

D. Jacknife

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.

E. Taps

Standing in front of the step, tap your right toes on the top of the step, then tap the left, arms alternating over head. And do it as fast as possible. Right side and left side count as one

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

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