

Perform 10 reps of each of these exercises for 100 Reps then do the Cardio and Ab Pyramid before you move to these 10 exercises again.

1. 1 Push-Up/1 Tuck Jump
2. 2 Low Plank Jacks/2 High Plank Knee To Elbow
3. 4 Lateral Floor Touches + 2 Squats
4. Narrow Squat Dumbbell Fly
5. 2 Front Kicks/2 Squat Jacks w/o Arms up
6. Shoulder Bridge Chest Press
7. Floor To Ceiling Burpee
8. 2 Jabs/2 Uppercuts (w/ Dumbbells) in a very low Plie Squat
9. Sandbag ½ Burpee Upright Row
10. Renegade Row Dumbbell Raise

CARDIO PYRAMID

- **1st 100 Reps** = Lap Around Blacktop
- **2nd 100 Reps** = Lap Around Blacktop + 10 Surfers
- **3rd 100 Reps** = Lap Around Blacktop + 10 Surfers + 50 Jump Ropes
- **4th 100 Reps** = Lap Around Blacktop + 10 Surfers + 50 Jump Ropes + 20 High Plank Jacks
- **5th 100 Reps** = Lap Around Blacktop + 10 Surfers + 50 Jump Ropes + 20 High Plank Jacks + 30 In/Out Jacks
- **6th 100 Reps** = Lap Around Blacktop + 10 Surfers + 50 Jump Ropes + 20 High Plank Jacks + 30 In/Out Jacks + 20 Butt Kicker Jumps

AB PYRAMID

- **1st 100 Reps** = 10 Crunches
- **2nd 100 Reps** = 10 Crunches + 10 Dip Station Knee Lifts
- **3rd 100 Reps** = 10 Crunches + 10 Dip Station Knee Lifts + Side Plank Lifts (5 right/5 left)
- **4th 100 Reps** = 10 Crunches + 10 Dip Station Knee Lifts+ Side Plank Lifts (5 right/5 left) + 10 Low Plank Saws
- **5th 100 Reps** = 10 Crunches + 10 Dip Station Knee Lifts + Side Plank Lifts (5 right/5 left) + 10 Low Plank Saws + 10 High Plank Knee to Elbow
- **6th 100 Reps** = 10 Crunches + 10 Dip Station Knee Lifts + Side Plank Lifts (5 right/5 left) + 10 Low Plank Saws+ 10 High Plank Knee to Elbow + 10 Rope Pulls