



Short Circuit – April 25: Pyramid

Complete one round of the following from top to bottom:

(The number on the left of each line is the number of repetitions you will do for that line/list)

50: Jumping Jacks

40: Mountain Climber, Jumping Jacks

30: Lunges, Mountain Climbers, Jumping Jacks

20: TRX Rows, Lunges, Mountain Climber, Jumping Jacks

16: Goblet Squats, TRX Rows, Lunges, Mountain Climber, Jumping Jacks

12: Push-Ups, Goblet Squats, TRX Rows, Lunges, Mountain Climbers, Jumping Jacks

8: Elevated Split Squats (8/leg), Push-Up, Goblet Squat, TRX Row, Lunge, Mountain Climber, Jumping Jacks

For exercise descriptions, click [here](#) to go to our Movement of the Week page.





MOUNTAIN CLIMBERS



LUNGES



TRX ROWS



GOBLET SQUAT



PUSH UPS



ELEVATED SPLIT SQUAT