



Adding Pyramid:

- 10 BB
- 10 BB
- 20 Push Ups
- 10 BB
- 20 Push Ups
- 40 Reverse Lunges(ttl)
- 10 BB
- 20 Push Ups
- 40 Reverse Lunges(ttl)
- 60 Sit Ups
- 10 BB
- 20 Push Ups
- 30 Reverse Lunges(ttl)
- 60 Sit Ups
- 80 BW Squats

Further Explanation:

- Keep the integrity of the movements the best you can and keep chipping away!

