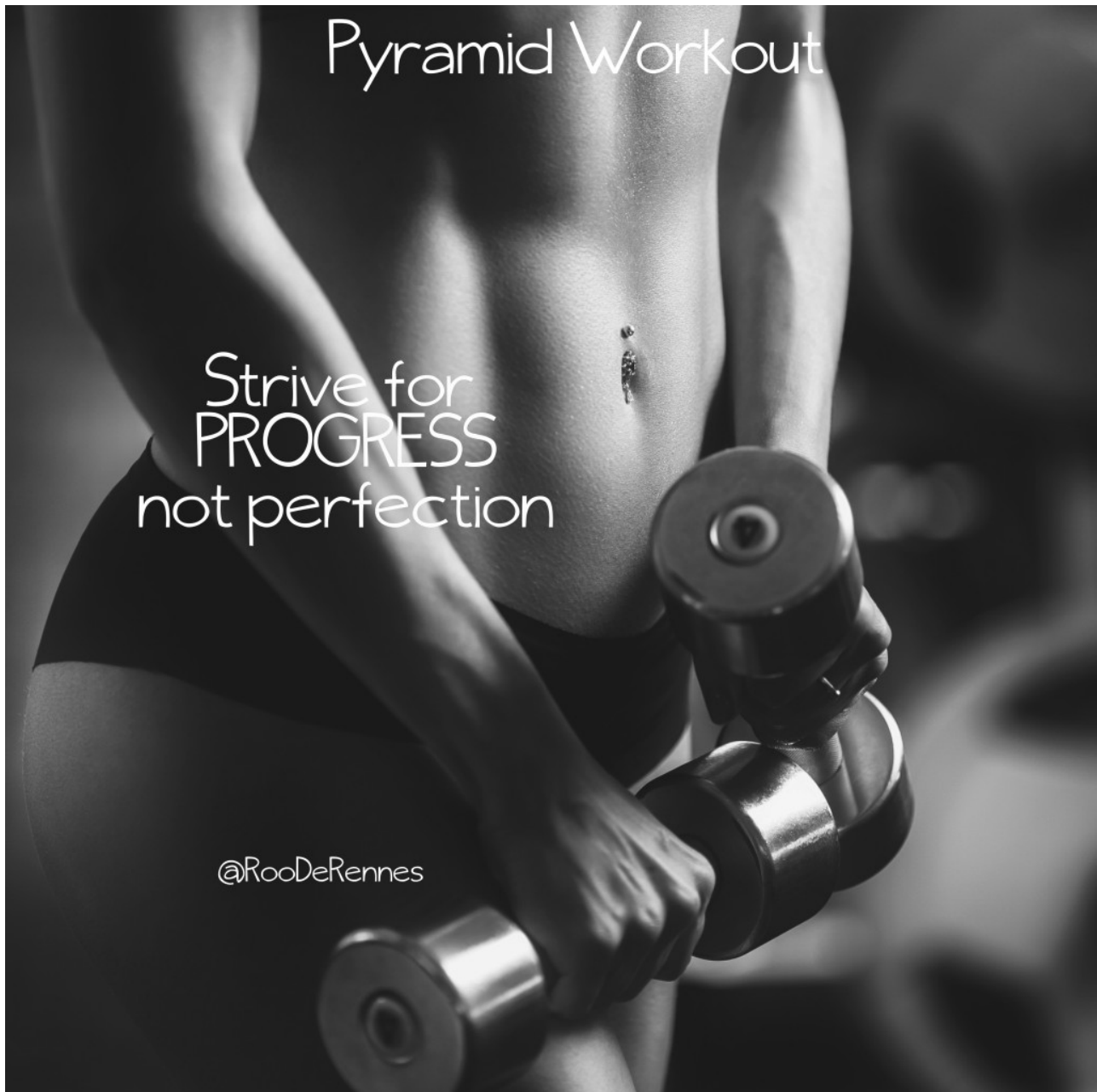


Pyramid Workout #1



Pyramid workouts involve completing a workout and increasing either the number of reps or the size of the weights lifted. The benefits of this is that it helps to develop your strength and endurance. This is a great technique for muscle gains and development; but let me remind you ladies that it won't make you bulky and all incredible Hulk like! This is going to help you really get some strength and definition, and give you some sexy toned and sculpted muscles!

This workout focuses on the former where you should increase the number of reps per set as follows:

- 1 x hammer curl
 - 1 flat back row
 - 2 x hammer curl
 - 2 flat back row
 - repeat x 8

 - 1 x spider lunge each leg
 - 1 x childs pose
 - 2 x spider lunge each leg
 - 1 x childs pose
 - repeat x 8
 - 1 x shoulder press
 - 1 x deadlift
 - 2 x shoulder
 - 2 x deadlift
 - repeat x 8
 - 1 x pushup
 - 1 downward dog
 - 2 x pushup
 - 1 x downward dog
 - repeat x 8
 - 1 sec left leg butterfly hold
 - 1 sec right leg butterfly hold
 - 2 sec left leg butterfly hold
 - 2 sec right leg butterfly hold
 - repeat x 8
 - 1 x pike up
 - 1 x downward dog
 - 2 x pike up
 - 1 x downward dog
 - repeat x 8
- Love Roo xx

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