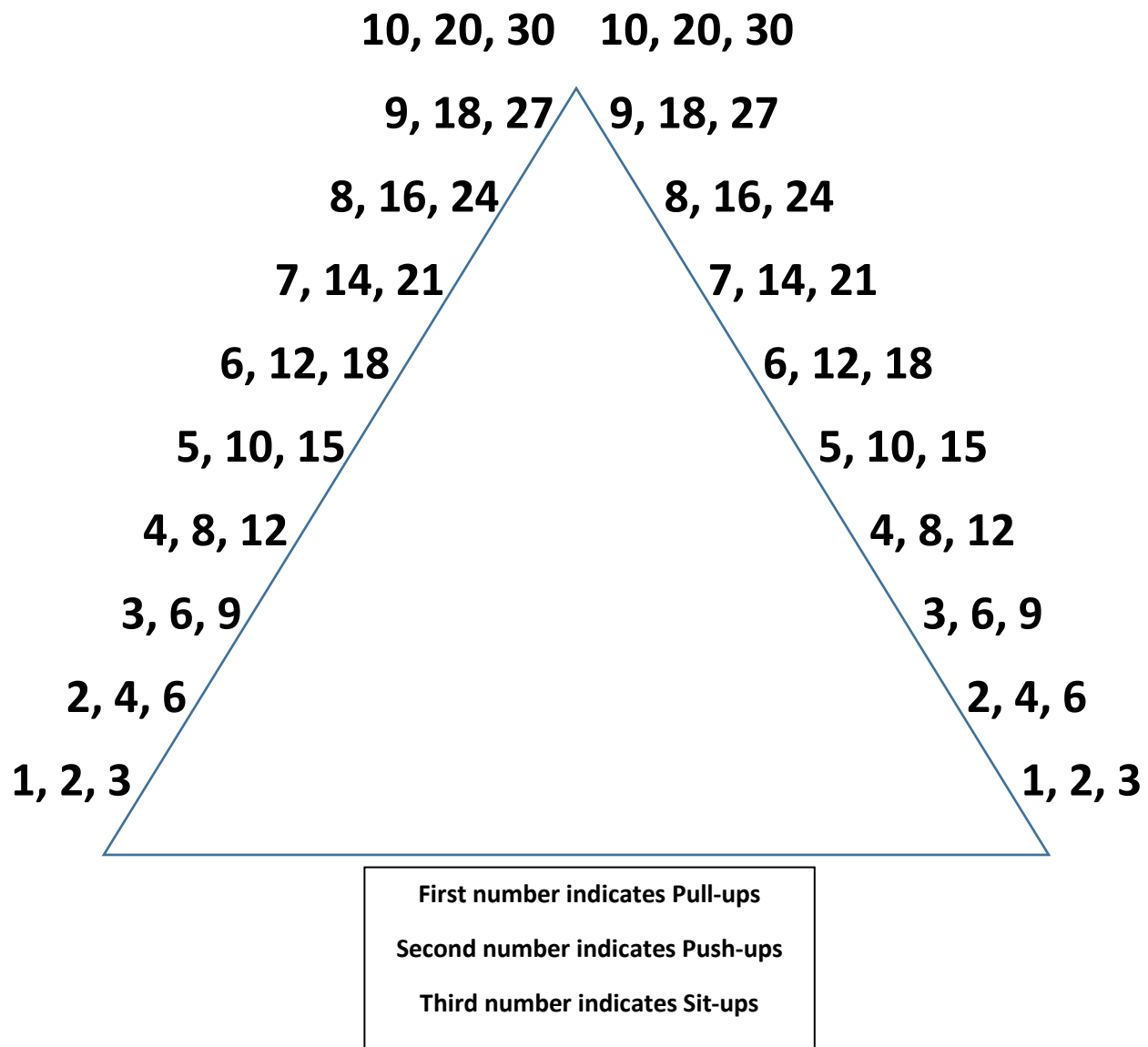


CALISTHENICS PYRAMID WORKOUT



Once you have reached your max set moving up, repeat that set and work your way back down. I.E; if you complete 3, 6, 9, you will repeat 3, 6, 9, and begin working your way down.

You should allow yourself NO MORE than 3 minutes rest between sets, no rest between Pull-ups, Push-ups, and Sit-ups. Work to sub-one minute of rest between sets.

Accomplish this pyramid 2-3 times weekly. Your calisthenics will improve if you do this as directed. This pyramid can be used as a supplement to your workout, or as a quick workout if you are pressed for time.

If you need to use a band for assistance on pull-ups or push-ups, do so.

If you need to make any exercise harder, add weight.

