

if you have
10
MINUTES



FOCUS ON

pyramid conditioning

These high-energy moves will sculpt new muscles, rev up your metabolism – and get you into fighting shape in no time!

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Front Jab

Stand in boxing stance (knees slightly bent, one leg forward and arms bent with fists at eye level). Perform 20 alternating front jabs followed by five jumping jacks. Add 10 jabs to each set as you go, so the sequence is 20 jabs, five jacks, 30 jabs, five jacks – until you do 50 jabs.

PERFECT YOUR FORM: Avoid locking elbows and knees.

DIAL IT DOWN: Do side toe taps instead of jumping jacks.

AMP IT UP: After increasing to 50 jabs, descend pyramid by 10-jab increments.



Squat & Front Kick

Stand with feet hip-width apart; bend arms with fists at eye level. Sit back into a squat, then rise up slightly and kick each leg forward once. Add one squat to each set as you go, so the sequence is two squats, two kicks, three squats, two kicks – until you do five squats.

PERFECT YOUR FORM: Avoid letting knees rotate outward.

DIAL IT DOWN: Do five reps of one squat and two kicks.

AMP IT UP: Build pyramid until you do a total of 10 squats.



Lunge & Front Snap

Lunge forward with fists at eye level. Return to standing, pumping arms while you kick the back knee up. Add two lunges to each set as you go, so the sequence is one lunge, one kick, three lunges, one kick – until you reach five lunges. Repeat pyramid on the other side.

PERFECT YOUR FORM: Keep shoulders stacked over hips.

DIAL IT DOWN: Tap leg back without lunging, then kick knee forward.

AMP IT UP: Do two pyramid sets per side.



Push-Up with Front Punch

Do a push-up from your knees, lowering body until elbows are bent to 90 degrees. Push up, then punch each arm out in front of you. Add an extra push-up to each set as you go, so the sequence is one push-up, two punches, two push-ups, two punches. Repeat until you reach six push-ups.

PERFECT YOUR FORM: Keep spine long during push-up.

DIAL IT DOWN: Skip push-up and do punches for eight reps.

AMP IT UP: Perform push-up with knees off ground.



What's pyramid conditioning? It's inserting progressively longer cardio sets between strength sets to keep your heart rate high.

