

# CHI WORKOUT

HOME WORKOUTS – Pyramid Workout with Melisa

**WARM-UP with stretching AND a 10 min walk/jog**

**Start with #1 then do 1,2 then 1,2,3 and so on (# represents # of reps)**

*(example; 1 burpee | 1 burpee + 2 donkey kicks | 1 burpee + 2 donkey kicks + 3 pike to planks, etc.)*

Try to do the whole pyramid 2 times!

- 1 – Burpee
- 2 – Donkey kicks
- 3 – Pike to planks
- 4 – Sit-ups
- 5 – Leg lifts
- 6 – Jumping Jack's
- 7 – Push-ups
- 8 – Bicep Curls
- 9 – Squats
- 10 – Triceps Extension

**COOL-DOWN with stretching AND a 10 min walk/jog**



**THE CENTER**  
for Health Improvement  
HAYSMED

*DISCLAIMER - You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge HaysMed- The Center for Health Improvement from any and all claims or causes of action.*