

THE EXERCISES:

Squats

Power Squats

Jump Squats

Jump Power Squats

1. Complete the above exercises without pause following the time structure below.
2. Rest for the allotted time
3. On the way back down the pyramid reverse the order of exercises
4. Be sure to work at as high an intensity as you can, and PUSH THROUGH THE BURN!

<i>Round</i>	<i>Seconds per exercise</i>	<i>Rest Time</i>
1	10s	40s
2	15s	60s
3	20s	60s
4	15s	40s
5	10s	End