



FITBYTES

PYRAMID

Pyramid (Pull & Calves)



Warm Up (x5):

30x Jumping Jack

5x Marines

5/5x Superman

Main Workout (3-5 sets):

6/6x Hammer Curl

5+5 Dead Lift w/ Dumbbells

8/8x Dumbbell Rows

7/7x Conc. Curl

6/6x 1-Arm Rows

16x Calf Rise

**15-30s rest between exercises*

**1-2m rest between sets*

