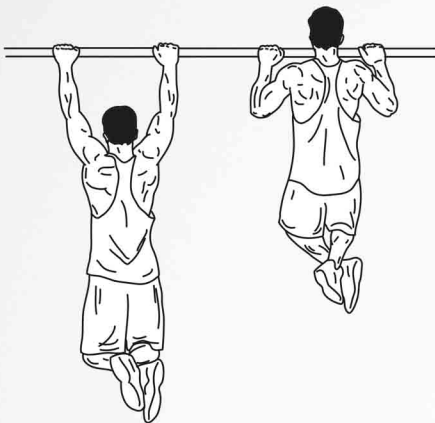


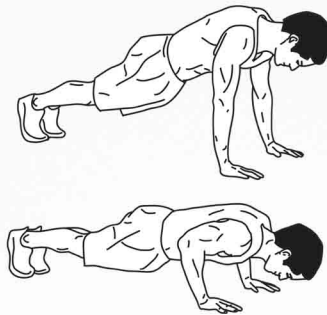
**military**

# PT Pyramid

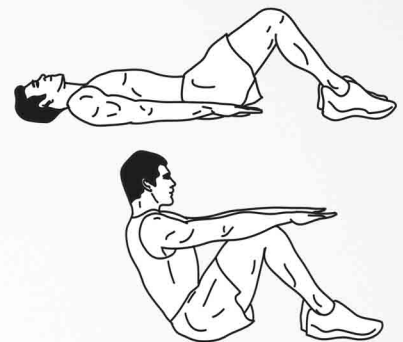
DAREBEE WORKOUT @ [darebee.com](http://darebee.com)



**pull-ups x 1**



**push-ups x 2**



**sit-Ups x 5**

Multiply each step by number for reps.  
Continue up the pyramid with no rest  
until muscle failure.  
Repeat in reverse order  
back to set #1

**Example:**

Set #2

2 pull-ups

4 push-ups

10 sit-ups

Set #4

4 pull-ups

8 push-ups

20 sit-ups

