



Personal Best Challenge



Pyramid Workout



How quick can you complete the Pyramid?!

Round 1 is 1 Push Up, 1 Squat and 1 Star Jump

Round 2 is 2 Push Ups, 2 Squats and 2 Star Jumps

Round 3 is 3 Push Ups, 3 Squats and 3 Star Jumps

And so on up to Round 10!

Too Easy? Come back down the Pyramid as well! (10,9,8 etc)

**See how fast you can complete the Pyramid, write down your time and
try to beat it the next day!**

Tweet your efforts @knowsleyssp

Remember this is about achieving your own Personal Best