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