

I don't recommend showing up to the gym sporting sandals or dressed like King Tut, but by doing some pyramids you can build some serious muscle and cuts.

### **Pushups**

Grab a light set of dumbbells...I'm talking 5 pounders at most. Place the dumbbells firmly on the ground at the width you would normally do a pushup. Now, grab ahold of them and do 1 pushup. Down then up. Now, without letting go of the dumbbells, kneel onto your knees and do 1 overhead press. Get back into the pushup position and do 2 pushups. Kneel and do 2 overhead presses. Keep going. 3 pushups. 3 presses. 4 pushups. 4 presses. No resting between sets. Just keep pumping them out. See how many you can get. You will obliterate your chest and shoulders with this set.

### **Curls**

Pick a barbell that's about half the weight you normally work out with. Now pyramid up from 1 rep. After the rep, set the bar bell on the floor and stand up completely. That is all the rest you get. Now grab the bar and hit 2 reps. Set it on the floor. And keep going. Don't go resting too much. Your biceps are going to be on fire. Keep pushing. Just go until you cannot squeeze out even one more partial rep.

### **Lunge**

Drop your weight by at least one set of dumbbell bells (25 lb to 20 lb) or shed some weight from the barbell. Now, perform regular walking lunges, but with each step sink an additional time into the lunge. So, take a step with the right leg and sink into your lunge one time. Now, take a step with the left and drop down once. Then on your second step with the right sink into your lunge two times, and two times with the left. Keep going. So, if you do 5 steps with your right leg you will sink into your lunge 5 times with each leg before moving on to 6. Pay attention to form. Don't get squirrely. Keep control and make sure to get those negatives.

### **Be creative**

You get the idea. Lower the amount of weight you normally use for an exercise and pyramid up the number of reps. You can pyramid almost any exercise like this. Shrugs. Overhead presses. Deadlifts. Leg extensions. Leg press.

Be creative. Try pyramiding supersets like the pushup example above. Try a dip with a knee raise. How about a bench press with a leg raise?

There's no reason to train like everyone else. Have fun. Keep the rest low and relish the burn. It hurts because you're making changes.