

# the pins to kill circuit workout

Warm up with 5-10 minutes of easy cardio. Complete the exercises shown below, working from 10 reps of burpees all the way up to a 60s wall sit. Then work your way back down the pyramid. Rest for 1-2 minutes depending on your fitness level, then repeat from the beginning 2-3 more times depending on how much time you have.

**10 burpees**

**20 jumping lunges**

**30 squats**

**40 jumping jacks**

**50 alternating lunges**

**60s wall sit**

**50 alternating lunges**

**40 jumping jacks**

**30 squats**

**20 jumping lunges**

**10 burpees**

1-2 mins rest, repeat 2 more times.