

the squat pyramid workout

Start with a 5-10 minute dynamic warm-up, including a few air squats before you add weight to the bar. Work through the progression below, adding weight and decreasing reps until you get to the top of the pyramid. Aim to add anywhere between 10-20lbs with each increase, working up towards a very heavy effort. Rest briefly (30-60s) after each squat/skip combo, or as long as you need to adjust the weight plates.

20 squats (light) / 100 skips

15 squats (light/med) / 125 skips

10 squats (med) / 150 skips

5 squats (med/heavy) / 175 skips

3 squats (heaviest) / 200 skips

5 squats (med/heavy) / 175 skips

10 squats (med) / 150 skips

15 squats (light/med) / 125 skips

20 squats (light) / 100 skips

cool down + foam roll