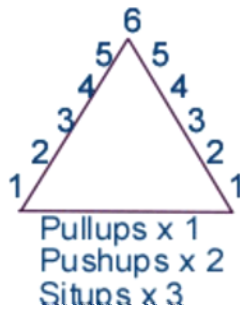


# EAST SUSSEX - COMMANDO KRAV MAGA

## Stew Smith Training Program

### - The PT Pyramid -



If you take a look at one of the pyramids, you will notice that it is numbered on both sides. It goes from 1-5 on one side, with the number 6 on the top, and then 5-1 on the other side. Each number represents a step in the pyramid. Your goal is to climb the pyramid all the way up, and all the way back down. So you can consider each step a "set" of your workout. At the bottom, you will find "pull-ups x 1, push-ups x 2, sit-ups x 3". What this means is that at each "set" or step of the pyramid, you perform 1 pull-up for every step you are on, 2 push-ups for each step, and 3 sit-ups for each step. You start at the bottom of the pyramid, at number one. For each set, you times that set number by 1 and that tells you how many pull-ups to do. You multiply it by 2 to get your push-ups, and multiply by 3 for sit-ups. So you keep progressing until you get to the top of the pyramid, or your MAX At step ten you perform 10 pull-ups/ 20 push-ups/30 sit-ups. Now you start working your way back down the other side. So the next set you do will be at step 9 on the way back down. So, you'll do 9 pull-ups/18 push-ups/27 sit-ups. Keep going until you worked all the way back down to one. So here is a number summary of the pyramid:

#### Go up the pyramid: (or half pyramid workout)

Set/Step 1: 1 pull-ups/2 push-ups/3 sit-ups  
Set/Step 2: 2 pull-ups/4 push-ups/6 sit-ups  
Set/Step 3: 3 pull-ups/6 push-ups/9 sit-ups  
Set/Step 4: 4 pull-ups/8 push-ups/12 sit-ups  
Set/Step 5: 5 pull-ups/10 push-ups/15 sit-ups (Your first set sets are basically a warm up)  
Set/Step 6: 6 pull-ups/12 push-ups/18 sit-ups  
Set/Step 7: 7 pull-ups/14 push-ups/21 sit-ups  
Set/Step 8: 8 pull-ups/16 push-ups/24 sit-ups  
Set/Step 9: 9 pull-ups/18 push-ups/27 sit-ups  
Set/Step 10: 10 pull-ups/20 push-ups/30 sit-ups (Here is where you should fail / max out)

#### Go down the pyramid: (or reverse order pyramid = toughest to easiest number of reps)

Set/Step 9: 9 pull-ups/18 push-ups/27 sit-ups  
Set/Step 8: 8 pull-ups/16 push-ups/24 sit-ups  
Set/Step 7: 7 pull-ups/14 push-ups/21 sit-ups  
Set/Step 6: 6 pull-ups/12 push-ups/18 sit-ups  
Set/Step 5: 5 pull-ups/10 push-ups/15 sit-ups (Still tough until this point reaching failure at every level)  
Set/Step 4: 4 pull-ups/8 push-ups/12 sit-ups  
Set/Step 3: 3 pull-ups/6 push-ups/9 sit-ups  
Set/Step 2: 2 pull-ups/4 push-ups/6 sit-ups  
Set/Step 1: 1 pull-ups/2 push-ups/3 sit-ups (Finish cool down)

In conclusion - the pyramid has a warm up. Max out, and cool down all built in AND will definitely help you with your PT scores. For additional information go: [www.stewsmith.com](http://www.stewsmith.com)