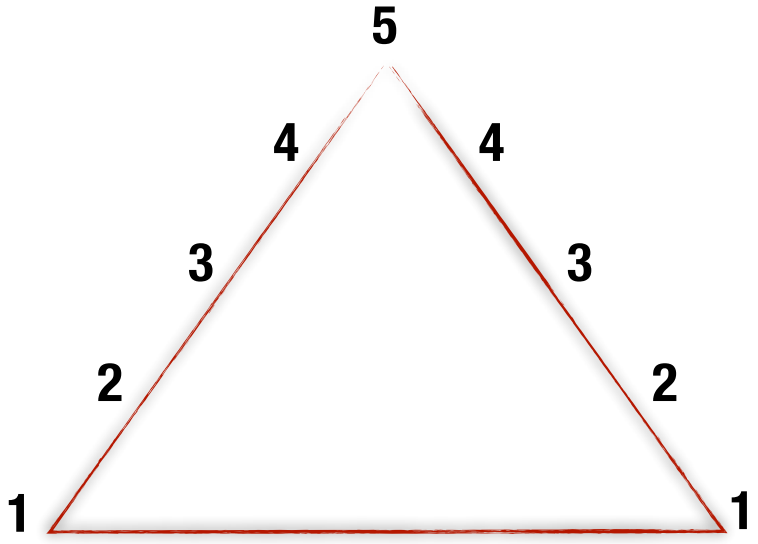
ILYOKWAN
BLACK BELT ACADEMY

The 'Apex'
Pyramid Set

Each 'rep' =

- Standing Squat
- Push Up
- Sit Up
- Star Jump
- 5s Plank



Beginners
Little Ninjas / New Beginners
Family & Friends

1 - 2 - 3 - 4 - 5 - 4 - 3 - 2 - 1
Plank for 5s per rep (5, 10, 15, 20, 25 etc)
20s rest between sets, walking on spot

25

Intermediate
White / yellow / green belts

2 - 4 - 6 - 8 - 10 - 8 - 6 - 4 - 2
Plank for 5s per rep (10, 20, 30, 40, 50 etc)
30s walking on the spot between sets

50

Advanced
Blue belts & higher

1-2-3-4-5-6-7-8-9-10-8-6-4-2
Planks on the way UP only
10, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60s
30s Jogging on the spot between sets

75

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