Pyramid Training – Bouldering

- 1. Pick the level you want to do
- 2. After each problem of the colour block you do, complete one tricep dip or press-up per completed problem in that block (cumulative)
- 3. Tick off that box (shows no. of reps) and think self congratulatory thoughts
- 4. REMEMBER: THIS IS NOT A RACE

N.B. NO REPEATS

							LE'	√EL	. 1 (I _(19/39) →		G	G G G		В	В	В	R	R	Υ	R	R	В	В	В	G	G	G	G	_ ←	Prob	olem c	colou	r							
		LE'	VEL	2 (29/69)	\rightarrow	G				G						R	R	Υ	Υ	BI	Υ	Υ	R	R	R	В	В	В	В	G	G	G	G	G						
LEVEL 3 (41/111) →	G	G	G	G	G	G	В	В	В	В	В	R	R	R	R	Υ	Υ	Υ	ВΙ	BI	0	ВІ	ВІ	Υ	Υ	Υ	R	R	R	R	В	В	В	В	В	G	G	G	G	G	G
HELLO MY NAME IS	1	2	3	4	5	6	1	2	3	4	5	1	2	3	4	1	2	3	1	2	1	1	2	1	2	3	1	2	3	4	1	2	3	4	5	1	2	3	4	5	6
HELLO MY NAME IS	1	2	3	4	5	6	1	2	3	4	5	1	2	3	4	1	2	3	1	2	1	1	2	1	2	3	1	2	3	4	1	2	3	4	5	1	2	3	4	5	6
HELLO MY NAME IS	1	2	3	4	5	6	1	2	3	4	5	1	2	3	4	1	2	3	1	2	1	1	2	1	2	3	1	2	3	4	1	2	3	4	5	1	2	3	4	5	6
HELLO MY NAME IS	1	2	3	4	5	6	1	2	3	4	5	1	2	3	4	1	2	3	1	2	1	1	2	1	2	3	1	2	3	4	1	2	3	4	5	1	2	3	4	5	6
HELLO MY NAME IS	1	2	3	4	5	6	1	2	3	4	5	1	2	3	4	1	2	3	1	2	1	1	2	1	2	3	1	2	3	4	1	2	3	4	5	1	2	3	4	5	6
HELLO MY NAME IS	1	2	3	4	5	6	1	2	3	4	5	1	2	3	4	1	2	3	1	2	1	1	2	1	2	3	1	2	3	4	1	2	3	4	5	1	2	3	4	5	6
HELLO MY NAME IS	1	2	3	4	5	6	1	2	3	4	5	1	2	3	4	1	2	3	1	2	1	1	2	1	2	3	1	2	3	4	1	2	3	4	5	1	2	3	4	5	6
HELLO MY NAME IS	1	2	3	4	5	6	1	2	3	4	5	1	2	3	4	1	2	3	1	2	1	1	2	1	2	3	1	2	3	4	1	2	3	4	5	1	2	3	4	5	6
HELLO MY NAME IS	1	2	3	4	5	6	1	2	3	4	5	1	2	3	4	1	2	3	1	2	1	1	2	1	2	3	1	2	3	4	1	2	3	4	5	1	2	3	4	5	6
HELLO MY NAME IS	1	2	3	4	5	6	1	2	3	4	5	1	2	3	4	1	2	3	1	2	1	1	2	1	2	3	1	2	3	4	1	2	3	4	5	1	2	3	4	5	6
HELLO MY NAME IS	1	2	3	4	5	6	1	2	3	4	5	1	2	3	4	1	2	3	1	2	1	1	2	1	2	3	1	2	3	4	1	2	3	4	5	1	2	3	4	5	6
HELLO MY NAME IS	1	2	3	4	5	6	1	2	3	4	5	1	2	3	4	1	2	3	1	2	1	1	2	1	2	3	1	2	3	4	1	2	3	4	5	1	2	3	4	5	6
HELLO MY NAME IS	1	2	3	4	5	6	1	2	3	4	5	1	2	3	4	1	2	3	1	2	1	1	2	1	2	3	1	2	3	4	1	2	3	4	5	1	2	3	4	5	6
HELLO MY NAME IS	1	2	3	4	5	6	1	2	3	4	5	1	2	3	4	1	2	3	1	2	1	1	2	1	2	3	1	2	3	4	1	2	3	4	5	1	2	3	4	5	6
HELLO MY NAME IS	1	2	3	4	5	6	1	2	3	4	5	1	2	3	4	1	2	3	1	2	1	1	2	1	2	3	1	2	3	4	1	2	3	4	5	1	2	3	4	5	6
HELLO MY NAME IS	1	2	3	4	5	6	1	2	3	4	5	1	2	3	4	1	2	3	1	2	1	1	2	1	2	3	1	2	3	4	1	2	3	4	5	1	2	3	4	5	6
HELLO MY NAME IS	1	2	3	4	5	6	1	2	3	4	5	1	2	3	4	1	2	3	1	2	1	1	2	1	2	3	1	2	3	4	1	2	3	4	5	1	2	3	4	5	6
HELLO MY NAME IS	1	2	3	4	5	6	1	2	3	4	5	1	2	3	4	1	2	3	1	2	1	1	2	1	2	3	1	2	3	4	1	2	3	4	5	1	2	3	4	5	6