

Pascal's Triangle Fitness Challenge

													1													
											1	1														
									1	2	1															
							1	3	3	1																
					1	4	6	4	1																	
			1	5	10	10	5	1																		
	1	6	15	20	15	6	1																			
	1	7	21	35	35	21	7	1																		
	1	8	28	56	70	56	28	8	1																	
	1	9	36	84	126	126	84	36	9	1																
	1	10	45	120	210	252	210	120	45	10	1															
	1	11	55	165	330	462	462	330	165	55	11	1														
	1	12	66	220	495	792	924	792	495	220	66	12	1													
1	13	78	286	715	128	1715	1716	1287	718	286	78	13	1													

Key:

- 2nd diagonal row represents the day of the challenge
- 3rd diagonal row represents the number of exercises to be done on that day
- 4th diagonal row represents the total number of exercises

Note: Read triangle diagonally from the top right down to the bottom