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| AMRAP 15  **AMRAP**:(As Many Rounds As Possible) Complete as many rounds as possible in time limit  Record total number of times you completed the 5 movements, and partial rounds.  **All AMRAP’s will be 15 minutes long.**  **\*Modify any movements to your fitness level/needs. Rest if needed. Drink plenty of water.** | | | | |
| **You do not have to do these in order. You may choose any of them that you would like to try. Make sure you put the correct workout number in your exercise log. All AMRAP’s are 15 minutes long.** | | | | |
| AMRAP 1  **AMRAP** 15 Minutes  20 Jumping Jacks  20 Lunges  20 Crunches  20 Squats  20 Flutter Kicks  (Rounds Complete\_\_\_\_\_\_) | AMRAP 2  **AMRAP** 15 Minutes  15 Squat Jumps  10 Leg Lifts  10 Push ups  20 Russian Twists  20 Toe Touches  (Rounds Complete\_\_\_\_\_\_) | AMRAP 3  **AMRAP** 15 Minutes  20 Russian Twists  20 Straight arm circles (10 forward/10 reverse)  30 High knees  20 Shoulder Taps  30 Two foot line hops  (Rounds Complete\_\_\_\_\_\_) | AMRAP 4  **AMRAP** 15 Minutes  20 Jump Switch Lunges  20 Flutter Kicks  20 Mountain Climbers  10 Push ups  10 Reverse Crunches  (Rounds Complete\_\_\_\_\_\_) | AMRAP 5  **AMRAP** 15 Minutes  20 Butt Kickers  15 Squats  20 Toe Touches  10 Sit ups  5 Supermans  (Rounds Complete\_\_\_\_\_\_) |
| AMRAP 6  **AMRAP** 15 Minutes  30 High Knees  5 Push ups  10 Sit ups  15 Squats  (Rounds Complete\_\_\_\_\_\_) | AMRAP 7  **AMRAP** 15 Minutes  20 Arm Circles (10 each direction)  20 Lunges  20 Flutter Kicks  10 Shoulder Taps  15 Sit ups  (Rounds Complete\_\_\_\_\_\_) | AMRAP 8  **AMRAP** 15 Minutes  5 Tricep Dips  10 Push ups  15 Sit ups  20 Mountain Climbers  25 Jumping Jacks  (Rounds Complete\_\_\_\_\_\_) | AMRAP 9  **AMRAP** 15 Minutes  10 Bicycle Crunches  15 Squats  20 Butt Kickers  15 Mountain Climbers  10 Push ups  (Rounds Complete\_\_\_\_\_\_) | AMRAP 10  **AMRAP** 15 Minutes  10 Reverse Crunches  30 Two leg line hops  20 Russian Twists  10 Shoulder Taps  5 Burpees  (Rounds Complete\_\_\_\_\_\_) |

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| EMOM  **EMOM**:(Every Minute On the Minute) Every minute complete exercise. Rest with remainder of minute  Record total times you had at least 20 seconds after doing each movement. **EMOM’s will take 20 minutes.**  **\*Modify any movements to your fitness level/needs. Rest if needed. Drink plenty of water.** | | | | |
| **You do not have to do these in order. You may choose any of them that you would like to try. Make sure you put the correct workout number in your exercise log.** | | | | |
| EMOM 1  **EMOM** 4 rounds (20min)  Min 1 10 Squats  Min 2 10 Push ups  Min 3 10 Lunges  Min 4 10 Sit ups  Min 5 10 Mountain Climbers  (Count how many times you had at least 20 seconds or more of rest. ) | EMOM 2  **EMOM** 4 rounds (20min)  Min 1 10 Hip Bridges  Min 2 10 Squats  Min 3 30 sec Elbow Plank  Min 4 10 Reverse Crunch  Min 5 5 Push ups  (Count how many times you had at least 20 seconds or more of rest. ) | EMOM 3  **EMOM** 4 rounds (20min)  Min 1 Side plank left 30 Sec  Min 2 Side plank right 30 sec  Min 3 10 Mountain Climbers  Min 4 10 Sit ups  Min 5 5 Burpees  (Count how many times you had at least 20 seconds or more of rest. ) | EMOM 4  **EMOM** 4 rounds (20min)  Min 1 10 Sit ups  Min 2 15 Jumping Jacks  Min 3 10 Russian Twists  Min 4 10 Toe touches  Min 5 30 sec Superman Hold  (Count how many times you had at least 20 seconds or more of rest. ) | EMOM 5  **EMOM** 4 rounds (20min)  Min 1 10 Jump Switch Lunges  Min 2 10 2 Leg Raises  Min 3 10 Squats  Min 4 10 Push ups  Min 5 5 Burpees  (Count how many times you had at least 20 seconds or more of rest. ) |
| EMOM 6  **EMOM** 4 rounds (20min))  Min 1 10 Hip Bridges  Min 2 30 sec side plank right  Min 3 20 Mountain Climbers  Min 4 30 sec side plank left  Min 5 10 Burpees  (Count how many times you had at least 20 seconds or more of rest. ) | EMOM 7  **EMOM** 4 rounds (20min)  Min 1 30 Sec Wall Sit  Min 2 20 Arm Circles (10 each direction)  Min 3 10 Jump Switch Lunges  Min 4 10 2 Leg raises  Min 5 10 Mountain Climbers  (Count how many times you had at least 20 seconds or more of rest. ) | EMOM 8  **EMOM** 4 rounds (20min)  Min 1 10 Russian Twists  Min 2 5 Push ups  Min 3 15 Squats  Min 4 10 Bicycle Crunches  Min 5 15 Jumping Jacks  (Count how many times you had at least 20 seconds or more of rest. ) | EMOM 9  **EMOM** 4 rounds (20min))  Min 1 20 Mountain Climbers  Min 2 5 Tricep Dips  Min 3 30 Sec Elbow Plank  Min 4 10 Burpees  Min 5 30 Sec Superman Hold  (Count how many times you had at least 20 seconds or more of rest. ) | EMOM 10  **EMOM** 4 rounds (20min))  Min 1 20 Butt Kickers  Min 2 10 Push Ups  Min 3 10 Squat Jumps  Min 4 10 Reverse Crunches  Min 5 30 Two Foot Line Hops  (Count how many times you had at least 20 seconds or more of rest. ) |

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| **Circuit**  **Circuit**: Complete entire circuit five times through, no time limit.  Record total time to complete the entire workout. **25 minute time cap.**  **\*Modify any movements to your fitness level/needs. Rest if needed. Drink plenty of water.** | | | | |
| **You do not have to do these in order. You may choose any of them that you would like to try. Make sure you put the correct workout number in your exercise log.** | | | | |
| Circuit 1  **Complete the Circuit 5 Times**  20 Squat Jumps  15 Hip Bridges  10 Jump Switch Lunges  20 Calf Raises  20 Toe Touches  (Total time to complete the entire circuit 5 times) | Circuit 2  **Complete the Circuit 5 Times**  20 Air Squats  20 Jumping Jacks  10 Push ups  20 Sit ups  20 Mountain Climbers  (Total time to complete the entire circuit 5 times) | Circuit 3  **Complete the Circuit 5 Times**  30 Jumping Jacks  20 Toe Touches  20 Mountain Climbers  10 Alternating Lunges  10 Reverse Crunches  (Total time to complete the entire circuit 5 times) | Circuit 4  **Complete the Circuit 5 Times**  10 Burpees  15 Squats  20 Russion Twists (Core)  15 Hip Bridges  10 Pushups  (Total time to complete the entire circuit 5 times) | Circuit 5  **Complete the Circuit 5 Times**  20 Butt Kickers  10 Pushups  5 Tricep Chair Dips  10 Superman Stretch  15 Squats  (Total time to complete the entire circuit 5 times) |
| Circuit 6  **Complete the Circuit 5 Times**  25 Jumping Jacks  10 Push ups  15 Crunches  10 Squats  5 Burpees  (Total time to complete the entire circuit 5 times) | Circuit 7  **Complete the Circuit 5 Times**  15 Squats  10 push ups  15 Flutter Kicks  10 Mountain Climbers  30 High Knee  (Total time to complete the entire circuit 5 times) | Circuit 8  **Complete the Circuit 5 Times**  10 Push ups  30 Mountain Climbers  5 Burpees  10 Sit ups  20 Arm Circles (10 each direction)  (Total time to complete the entire circuit 5 times) | Circuit 9  **Complete the Circuit 5 Times**  30 High Knees  10 Push ups  25 Jump Rope/Jump in Place  10 Sit ups  20 Toe Touches  (Total time to complete the entire circuit 5 times) | Circuit 10  **Complete the Circuit 5 Times**  20 Butt Kickers  35 Jumping Jacks  20 Shoulder Taps  10 Squat Jacks  10 Burpees  (Total time to complete the entire circuit 5 times) |