|  |
| --- |
| AMRAP 15**AMRAP**:(As Many Rounds As Possible) Complete as many rounds as possible in time limitRecord 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 Minutes20 Jumping Jacks20 Lunges20 Crunches20 Squats20 Flutter Kicks(Rounds Complete\_\_\_\_\_\_) | AMRAP 2**AMRAP** 15 Minutes15 Squat Jumps10 Leg Lifts10 Push ups20 Russian Twists20 Toe Touches(Rounds Complete\_\_\_\_\_\_) | AMRAP 3**AMRAP** 15 Minutes20 Russian Twists20 Straight arm circles (10 forward/10 reverse)30 High knees20 Shoulder Taps 30 Two foot line hops(Rounds Complete\_\_\_\_\_\_) | AMRAP 4**AMRAP** 15 Minutes20 Jump Switch Lunges20 Flutter Kicks20 Mountain Climbers10 Push ups10 Reverse Crunches (Rounds Complete\_\_\_\_\_\_) | AMRAP 5**AMRAP** 15 Minutes20 Butt Kickers15 Squats20 Toe Touches10 Sit ups5 Supermans(Rounds Complete\_\_\_\_\_\_) |
| AMRAP 6**AMRAP** 15 Minutes30 High Knees5 Push ups10 Sit ups15 Squats(Rounds Complete\_\_\_\_\_\_) | AMRAP 7**AMRAP** 15 Minutes20 Arm Circles (10 each direction)20 Lunges20 Flutter Kicks10 Shoulder Taps15 Sit ups(Rounds Complete\_\_\_\_\_\_) | AMRAP 8**AMRAP** 15 Minutes5 Tricep Dips10 Push ups15 Sit ups20 Mountain Climbers25 Jumping Jacks(Rounds Complete\_\_\_\_\_\_) | AMRAP 9**AMRAP** 15 Minutes10 Bicycle Crunches15 Squats20 Butt Kickers15 Mountain Climbers10 Push ups(Rounds Complete\_\_\_\_\_\_) | AMRAP 10**AMRAP** 15 Minutes10 Reverse Crunches30 Two leg line hops20 Russian Twists10 Shoulder Taps5 Burpees(Rounds Complete\_\_\_\_\_\_) |

|  |
| --- |
| EMOM**EMOM**:(Every Minute On the Minute) Every minute complete exercise. Rest with remainder of minuteRecord 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 SquatsMin 2 10 Push upsMin 3 10 LungesMin 4 10 Sit upsMin 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 BridgesMin 2 10 SquatsMin 3 30 sec Elbow PlankMin 4 10 Reverse CrunchMin 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 SecMin 2 Side plank right 30 secMin 3 10 Mountain ClimbersMin 4 10 Sit upsMin 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 upsMin 2 15 Jumping JacksMin 3 10 Russian TwistsMin 4 10 Toe touchesMin 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 LungesMin 2 10 2 Leg RaisesMin 3 10 SquatsMin 4 10 Push upsMin 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 BridgesMin 2 30 sec side plank rightMin 3 20 Mountain ClimbersMin 4 30 sec side plank leftMin 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 SitMin 2 20 Arm Circles (10 each direction)Min 3 10 Jump Switch LungesMin 4 10 2 Leg raisesMin 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 TwistsMin 2 5 Push upsMin 3 15 SquatsMin 4 10 Bicycle CrunchesMin 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 ClimbersMin 2 5 Tricep DipsMin 3 30 Sec Elbow PlankMin 4 10 BurpeesMin 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 KickersMin 2 10 Push UpsMin 3 10 Squat JumpsMin 4 10 Reverse CrunchesMin 5 30 Two Foot Line Hops(Count how many times you had at least 20 seconds or more of rest. ) |

|  |
| --- |
| **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 Jumps15 Hip Bridges10 Jump Switch Lunges20 Calf Raises20 Toe Touches(Total time to complete the entire circuit 5 times) | Circuit 2**Complete the Circuit 5 Times**20 Air Squats20 Jumping Jacks10 Push ups20 Sit ups20 Mountain Climbers(Total time to complete the entire circuit 5 times) | Circuit 3**Complete the Circuit 5 Times**30 Jumping Jacks20 Toe Touches20 Mountain Climbers10 Alternating Lunges10 Reverse Crunches(Total time to complete the entire circuit 5 times) | Circuit 4**Complete the Circuit 5 Times**10 Burpees15 Squats20 Russion Twists (Core)15 Hip Bridges10 Pushups(Total time to complete the entire circuit 5 times) | Circuit 5**Complete the Circuit 5 Times**20 Butt Kickers10 Pushups5 Tricep Chair Dips10 Superman Stretch15 Squats(Total time to complete the entire circuit 5 times) |
| Circuit 6**Complete the Circuit 5 Times**25 Jumping Jacks10 Push ups15 Crunches10 Squats5 Burpees(Total time to complete the entire circuit 5 times) | Circuit 7**Complete the Circuit 5 Times**15 Squats10 push ups15 Flutter Kicks10 Mountain Climbers30 High Knee(Total time to complete the entire circuit 5 times) | Circuit 8**Complete the Circuit 5 Times**10 Push ups30 Mountain Climbers5 Burpees10 Sit ups20 Arm Circles (10 each direction) (Total time to complete the entire circuit 5 times) | Circuit 9**Complete the Circuit 5 Times**30 High Knees10 Push ups25 Jump Rope/Jump in Place10 Sit ups20 Toe Touches(Total time to complete the entire circuit 5 times) | Circuit 10**Complete the Circuit 5 Times**20 Butt Kickers35 Jumping Jacks20 Shoulder Taps10 Squat Jacks10 Burpees(Total time to complete the entire circuit 5 times) |