

CONFIDENTIAL AND PROPRIETARY INFORMATION

AMRAP 5-4-3-2-1 CIRCUIT - 45 minutes

Warm up (4 minutes total, 30 seconds each)

- Jump rope 2 right, 2 left (imaginary jump rope)
- Split feet Jump Rope
- High knees (or marching)
- Small side to side jump rope
- Two feet jump rope
 - Challenge: every 5 seconds, double jump, for total of 6 jumps
- Jumping jacks
- Straight arm jacks
- Crisscross jacks

Active Stretch (approximately 4 minutes total)

- 30 seconds – Alternating back lunges with a knee raise
- 30 seconds – Side lunges
- 30 seconds – Prisoner squats
- 30 seconds – alternating hamstring hold (hold for 2 seconds each)
- 30 seconds – Windmills (right hand left toe, left hand, right toe)
- 30 seconds – Hip circles 15 seconds one way, 15 seconds reverse
- 1 minute – Arm circles thumbs down
 - 30 seconds one way, 30 seconds reverse directions

30 second rest

AMRAP (As Many Reps as Possible) Circuits

- Rest 1 Minute between circuits

5 Minute AMRAP Circuit

- 10 Burpees
 - Challenge w/pushups
 - Modification - no jump on end (or see video)
- 10 Squat jumps
 - Modification: squat pulses
- 10 Low plank spider reach (5 each side. High plank, extend opposite arm and leg to corners, bring back then switch sides)

4 Min. AMRAP

- 10 Alternating lunges
 - Challenge: jumps in between
- 10 Tuck jumps
- 10 low plank to high plank
 - Modification: knees

3 Min. AMRAP

- 10 Squat and twist (opposite knee to opposite elbow)
- 10 Frog jumps forward/back
 - modification: step instead of jump
- 10 High Plank feet in/out/out/in

2 Min. AMRAP

- 10 Bicycles crunches
- 5 Pushups
 - Modification: hold plank for 10 seconds

1 Min. AMRAP

- Alternating tricep and regular pushups
 - Modification: knees

Weights 2

Do Each Round Once, rest 1 minute b/w rounds. Repeat for 2 total sets.

Round 1

- 15 lateral raise
- 12 x Alternating Plank Row (6 each side)
- 12 bicep curls (4 x low to 90 degrees, 4 x shoulder to 90, 4 full range)
- 5-10 x Diamond pushups
 - Modification: Knees

Round 2

- 20 Alternating Shoulder Press (10 each arm)
- 50 Superman Swims
- 12 Lateral Bicep Curls (do curl exercise at a 45-degree angle. Perform 5 x low to 90 degrees, 5 x shoulders down to 90 degrees, 5 x full range)
- 6-12 x Side Arm Pushups

Cool down - 2 minutes of stretching

Total workout time - 45 - 50 minutes

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