

CONFIDENTIAL AND PROPRIETARY INFORMATION

AMRAP 5-4-3-2-1 CIRCUIT - 30 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)

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 Wide Pushups
 - Modification: knees

Cool down: 2 minutes of stretching

Total workout time - 33:30 minutes

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