



Workout of the Day














AMRAP

As Many Reps as Possible

Complete as many reps as you can in the prescribed time frame: post your total reps

3 ROUNDS - 2 MINUTES RECOVERY BETWEEN ROUNDS

<u>WORK TIME</u>	Hard	Medium	Light
30 Seconds	Burpee 	Jump Squat 	Fast Squat 
20 Seconds	Wall Switch 	Mountain Climber 	Fast Step Up 
30 Seconds	Fast Low Box Jump 	Lateral Bunny Hop 	Straddle Jump 
20 Seconds	Plank & Shoulder Touch 	Hollow Lifts 	Sit Up & Reach 
30 Seconds	Wipers 	Russian Twist 