



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	Tuck Jumps 	Mountain Climber 	Box Jumps 
30 Seconds	Side Shuffle 	Bear Crawl 	Jumping Jacks 
20 Seconds	Feet Up Plank 	Plank & Shoulder Touch 	Straight Arm Plank 
30 Seconds	T-Push Up 	Push Up 	