



As Many Rounds As Possible (AMRAP) Circuits

Complete exercises as fast as possible

Rest whenever you need but as little as possible

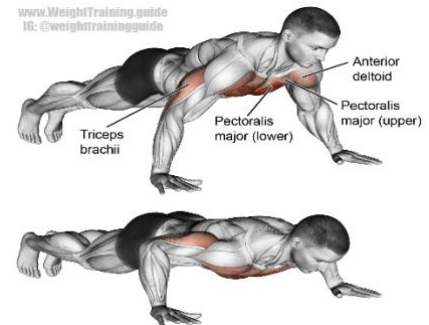
Complete as many rounds as possible of each circuit

Circuit 1 = 12min, Circuit 2 = 8min

1) Split Jumps – 20 reps (10 per side)



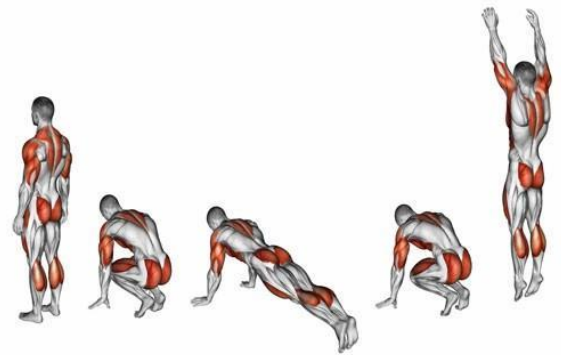
2) Push Ups – 10 reps



3) Russian Twist – 20 reps (10 per side)



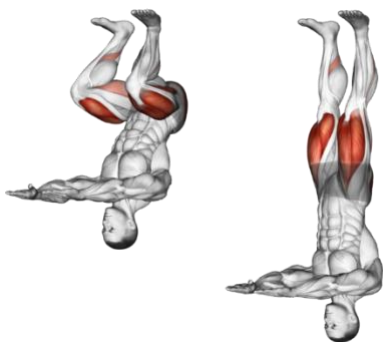
4) Burpees – 12 reps



5) Hip Bridge - 12 reps



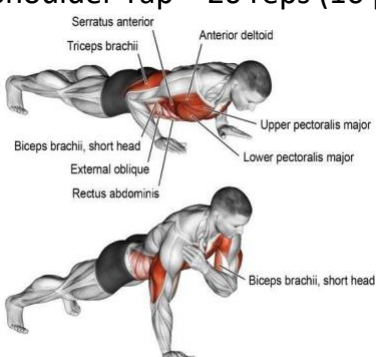
1) Squats – 12 reps



2) Jumping Jacks – 20 reps



3) Plank Shoulder Tap – 20 reps (10 per side)



4) Bird Dog – 20 reps (10 per side)





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