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)