



AMRAP Challenge

Warm-Up	Reps / Time	Tempo	Set 1	Set 2
1A) T-Squat w/ bench assist	15	2-0-1		
1B) Pushup Plank	:30	hold		
1C) Jumping Jacks	15	1-0-1		
1D) Walkouts w/ Pushup	5	2-0-1		
AMRAP Challenge	Reps / Time	Tempo	Rounds	
2A) Pushups	10	2-0-1		
2B) Squats	10	2-0-1		
2C) Burpee's	10	2-0-1		
Cool Down	Reps / Time	Tempo	Time	
3A) Chest Stretch	6	2-5-2		
3B) Shoulder Stretch	:30 per side	hold		
3C) Standing Quadriceps	:30 per side	hold		
3D) Standing Hamstring Hang	:30	hold		
3E) Kneeling Hip Flexor	:30 per side	hold		
3F) Downward Dog w/ calf stretch	:30 per side	hold		
3G) Cobra	:30	hold		