

AMRAP workouts, also known as “as many rounds as possible” workouts, are a fast, fun and efficient way to structure your workout. During this type of workout, you are given a certain amount of time to complete as many rounds as you can. You may go as fast or slow as you feel comfortable with and rest as you need it.

Set your timer for 20 minutes, and perform the exercises with the reps given. Once one round is complete, go back to the first exercise and begin again. Continue this until the time is up.

TRACK YOUR PROGRESS

Remember to keep track of the amount of rounds you complete, and use that as your next challenge. Try to beat your previous record!

| EXERCISE | Repetitions | Total Rounds |
|-------------------------|--------------------------|--------------|
| Jump ropes (or step) | 50 reps | |
| Side lunge to squat | 20 reps | |
| Jumping jacks (or step) | 30 reps | |
| Reverse lunges | 20 reps (10 each leg) | |
| Skater jumps (or taps) | 30 reps | |
| Mountain climbers | 40 reps | |

Split lateral and single leg movements evenly.

Jump Rope (or Step)

Begin by standing with your feet together, with a jump rope in hand behind you. Swing the rope in front of your body, and jump or step over it.

If a jump rope is not available to you or doesn't work for you, perform the exercise without a jump rope. Tap your heels in front of you one at a time while performing a jump rope motion with your arms.



Side Lunge to Squat

With your chest up and shoulders back, take a controlled lateral step to the left while keeping your toes pointed forward. Drive your weight into your left leg, sitting back onto your glutes, while keeping your right leg extended. Push off from your left leg back into a squat stance. Perform a controlled squat, stand tall, and repeat the same sequence on the right side.



Jumping Jacks (or Step)

Begin by standing with your arms at your sides. Step your feet out one at a time while simultaneously lifting your arms up toward both sides of your head and then back down to your sides. Repeat continuously.

To make this move more advanced, jump both feet out into a wide stance while simultaneously lifting your arms.



Reverse Lunge

Begin in a standing position. Take a step backward with one foot, and slightly push your hips back. As the ball of your back foot makes contact with the ground, drop your body into a lunge position. After you reach a level that is comfortable for you, push off your back foot and return to your standing position. Repeat with the opposite leg.



Skater Jumps (or Taps)

Begin by standing with your feet together. Carefully hop or step your right leg to the right, bringing your left foot behind it to tap the ground on a diagonal. Then, immediately hop or step to the left with your left leg, tapping your right foot behind on a diagonal. Repeat continuously.



Mountain Climbers (Hands on Bench or Step)

Start with your hands on a bench or step, positioned shoulder-width apart, with your legs extended behind you. Quickly drive your knees in toward your chest one at a time. Engage your core throughout the motion.

