

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
Step ups	20 reps (10 each leg)	
Jump squats	15 reps	
Burpees	12 reps	
Reverse lunges	30 reps (15 each leg)	
Skater jumps	20 reps	
Spiderman crunch	20 reps	

*Split lateral and single leg movements evenly.*

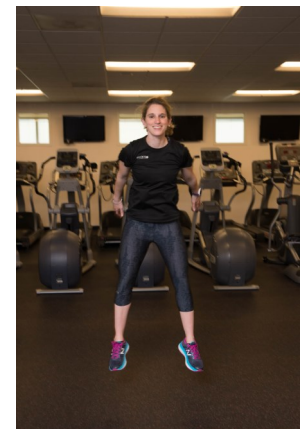
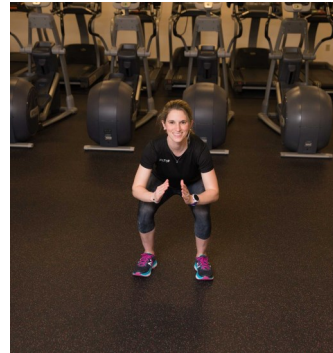
## Step Ups

Stand facing a low, flat bench or the first step of a staircase. Carefully step your feet on top of the bench one at a time and then lower them back to the starting position. Repeat starting with the opposite leg.



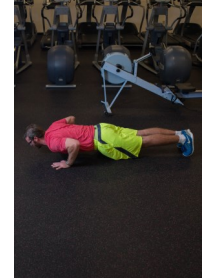
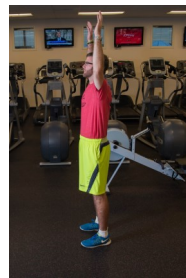
## Jump Squats

Stand with your feet about shoulder-width apart and your toes facing forward or slightly out. Sit back into your squat, keeping your weight spread throughout your entire foot. Quickly push off the ground to explode into the air. Land strong back into your squat.



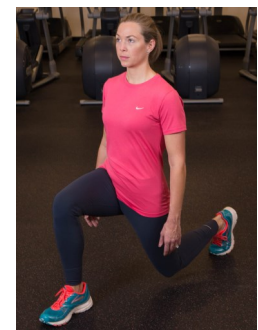
## Burpees

Begin standing upright. Bend down, and place your hands on the ground shoulder-width apart. Jump your legs back behind you so that you are in high plank position. Immediately perform a push-up and then jump your legs back in and jump up with your hands over your head.



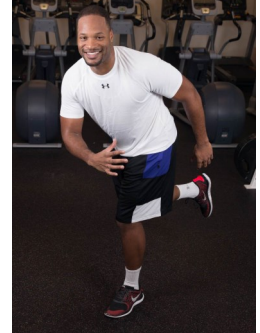
## Reverse Lunges

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 to return to your standing position. Repeat with your opposite leg.



## Skater Jumps

Begin by standing with your feet together. Carefully hop your right leg to the right, bringing your left foot behind it on a diagonal. Then, immediately hop to the left with your left leg, bringing your right foot behind on a diagonal. Try to balance on one leg with each hop. Repeat continuously.



## Spiderman Crunch

Begin in high plank position on the floor or a mat. Pull one knee up to the outside of your elbow on the same side. Try to keep your shoulders and hips level. Place your leg back down, and perform the same action with your opposite leg.

