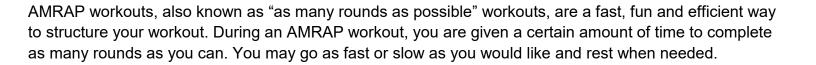
AMRAP Workout Level One



LAINTE ITNESS

Set your timer for **20 minutes**, and perform the exercises in order for the number of reps provided. Once you complete one full round of all six exercises, go back to the first exercise and begin again. Continue 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	SET ONE	TOTAL ROUNDS
<u>Lunge</u>	20 reps	
	(10 each leg)	
<u>March in place</u> <u>Gorilla steps</u>	30 reps	
	10	
	40 reps	
<u>Plank shoulder taps (on knees)</u>	20 reps	
	(10 each arm)	
Side plank with rotation (knees down)	16 reps	
	(8 each side)	
Single-leg glute bridge (taps)	16 reps	
	(8 each side)	