

AMRAP workouts, also known as “as many rounds as possible” workouts, are a fast, fun and efficient way to structure your workout. During an AMRAP workout, you are given a set amount of time to complete as many rounds as you can. You may go as fast or as slow as you would like and rest when needed.

Set your timer for **20 minutes**, and perform the exercises in order for the number of reps given. 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
Lunge jumps	16 reps	
High knees	20 reps	
Gorilla jacks	20 reps	
Plank shoulder taps (on toes)	20 reps (10 each arm)	
Side plank with rotation (straight leg)	16 reps (8 each side)	
Single-leg glute bridge (holds)	20 reps; three-second holds (10 each leg)	