AMRAP Workout

As many rounds as you can in twenty minutes, no kit: four moves, a steady pace you can hold, and a number to beat next time.

TYPE	FOCUS	LEVEL	TIME	EQUIPMENT
Circuit	Full body	Intermediate	25 min	None

WARM UP

Once through, at an easy pace

Jumping Jacks



45 s

Bodyweight Squat



10 reps

Inchworm



4 reps

World's Greatest Stretch

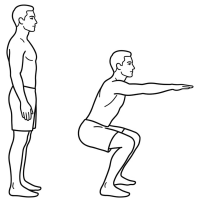


3 reps
each side

AMRAP

As many rounds as you can in 20 min, moves in order

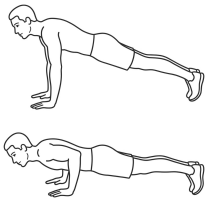
1 Bodyweight Squat



15 reps

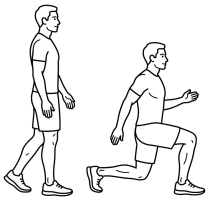
Write down your rounds; beat them next time

2 Push-Up



10 reps

3 Walking Lunge



10 reps
each side

4 Sit-Up

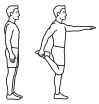


15 reps

COOL DOWN

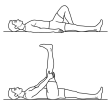
Once through, at an easy pace

Standing Quad Stretch



30 s
each side

Lying Hamstring Stretch



30 s
each side

Child's Pose



45 s