

AMRAP (As Many Rounds As Possible)

Part 1

Strength Portion

Exercise#1: Pullups 2,4,6,8,10
Exercise#2: Situps 2,4,6,8,10

Set a clock for 8 minutes. Do 2 pull ups, then 2 situps. Then 4 of each, then 6, 8, 10.
If you still have time, start over again at 2. Keep going until you run out of time.

Part 2

Objective: Do as many rounds as possible in 20:00. Keep trak of your best times and always try to beat it!

AMRAP

Exercise#1: _____ x12 Reps
Exercise#2: _____ x12 Reps
Exercise#3: _____ x12 Reps

Do 12 reps of exercise #1, then do 12 of #2, then 12 of #3. Once you have all 3 done, you have completed a round.
Do as many rounds as possible in 20:00. Keep trak of your best times and always try to beat it!