

**FULL BODY AMRAP 003**  
**2.2.20**

<b>LEVEL</b>	<b>INTENSITY</b>	<b>EQUIPMENT</b>
<b>HARD</b>	<b>HIGH</b>	<b>DUMBBELLS</b>

**DESCRIPTION**

5 CIRCUIT AMRAP WORKOUT. 3 MIN PER CIRCUIT. FULL BODY FOCUS.

<b>CIRCUIT</b>	<b>EXERCISES</b>	<b>MODIFICATIONS</b>
<b>CIRCUIT 1</b>  <b>3 MIN AMRAP</b>  <b>AS MANY ROUNDS AS POSSIBLE</b>	<b>9 PUSHUPS</b>  <b>6 JUMP SQUATS</b>  <b>3 SQUAT THRUST</b>	<b>*FROM KNEES</b>  <b>* AIR SQUATS</b>  <b>* JUMPING JACKS</b>
<b>CIRCUIT 2</b>  <b>3 MIN AMRAP</b>  <b>AS MANY ROUNDS AS POSSIBLE</b>	<b>10 DB SWINGS</b>  <b>8 SIT UPS</b>  <b>6 HOP LUNGES</b>	<b>*DB WIDE SQUATS</b>  <b>*CRUNCHES</b>  <b>*ALT LUNGES</b>
<b>CIRCUIT 3</b>  <b>3 MIN AMRAP</b>  <b>AS MANY ROUNDS AS POSSIBLE</b>	<b>9 GOBLET SQUATS</b>  <b>6 PUSH PLANKS</b>  <b>3 DB POP DOWNS</b>	<b>*PUSH PLANKS FROM KNEES</b>  <b>*WITHOUT DUMBBELL</b>
<b>CIRCUIT 4</b>  <b>3 MIN AMRAP</b>  <b>AS MANY ROUNDS AS POSSIBLE</b>	<b>10 BICEP CURLS</b>  <b>8 SIT UP TUCKS</b>  <b>6 SPEED SKATERS</b>	
<b>CIRCUIT 5</b>  <b>3 MIN AMRAP</b>  <b>AS MANY ROUNDS AS POSSIBLE</b>	<b>9 THRUSTERS</b>  <b>6 PULL THROUGHGS</b>  <b>3 BURPEES</b>	<b>*CHEST TAPS</b>  <b>*JUMP SQUATS</b>