

Body Weight Self-Paced As Many Rounds As Possible (AMRAP) Workout

The Warm-Up

- March in place or high knees (30 seconds)
- Butt kicks or hamstring curls (30 seconds)
- Walking frankensteins/toy soldiers (30 seconds)
- Squats (30 seconds)
- Inchworm or mountain climbers (30 seconds)
- Reverse lunge with rotation, alternating legs (30 seconds)

The Work-Out

As many rounds as possible (AMRAP) in 20 minutes.

- Walk/jog/run your block
Option: Walk/jog/run for 1 minute if you are unable to run outdoors
- Squats or jump squats (15 reps)
- Push-ups (10 reps)
- Mountain climbers (15 reps per side)
- Prone superheros (15 reps)
- Russian twists (15 reps per side)
- Single leg hip hinge (10 reps per leg)

REPEAT THE SET WHOLE SET AS MANY TIMES AS YOU CAN IN 20 MINUTES!

The Cool-Down

Finish all the reps of the exercise you are currently on before starting your cooldown.

- March in place (30 seconds)
- Hamstring curls with pull (30 seconds)
- Standing Hip Hurdles (30 seconds on each side)
- Arm circles (30 seconds)
- Kneeling hip flexor stretch to hamstring stretch (30 seconds on each side)
- Cat/cow (30 seconds)
- Child's pose (30 seconds)
- Supine spinal twist (30 seconds each side)