



WORKOUT OF THE DAY **MWR**

AMRAP 'as many repetitions (or rounds) as possible'

What You'll Need: Bench or stepper, dumbbells, Kettlebells, Elastic bands, Jump Rope.

Recommendations: Remember to take sips of water in between stations, rest when you need to, do what feels right for you, check your heart rate, warm up and cool down are essential.

AMRAP Training. 3 stations, 2 exercises each station, 2.5 minutes each station doing 'as many repetitions as possible' Rest 60 sec in between stations. *(Modify according to your fitness level)*

Warm Up (2X): shoulder rolls, arms circle, leg curls, high knee, walk to plank, run in place. (30 sec each)

Station 1) Cardio. 20 Mountain climbers with bench -10 Bench Jumps.



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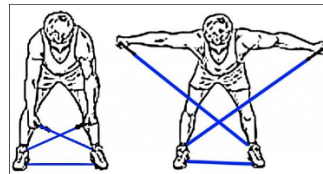


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Station 2) Upper body: 10 pushups alternate DB row, 12 Elastic band back fly.



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Station 3) Lower Body: 12 DB goblet squats – 12 KT curtsy Lunges.



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Cool Down: take a 5-minute easy walk and stretch big muscle groups, holding each stretch for 12-20 seconds or use an easy yoga sequence.