

Team Physical Challenge #1 AMRAP

In class or on your own, you will complete an AMRAP. This is a workout designed to do As Many Rounds As Possible in a certain amount of time. You will do this workout, record how many rounds you got through and where you finished in the last incomplete round (if you finished in the middle of a round). This is designed to give you a baseline of where you are at now, at the beginning of the contest. Your Trainer will give you modifications as needed. Please remember what modifications you may have done. We will do this challenge again near the end of the contest so we can see your improvement! The AMRAP you will complete is below.

7 Minute AMRAP

10 Push Ups

20 Air Squats to parallel if possible

30 Crunches Elbows to knees

40 Mountain Climbers

This challenge is due to me from your Trainer by **Saturday, Nov 22nd after the last class.**

Name

Rounds