Team Physical Challenge #3 AMRAP Repeat

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 get through and where you finished in the last incomplete round (if you finished in the middle of a round). This is the second time you are completing this workout! That means you will now see how much you improve after almost 12 weeks of working hard during this contest! Your Trainer will give you modifications as needed. Please remember what modifications you may have done. Are those modifications different from the first time you did this workout? Did you do wall push ups the first time and this time you did push ups on your knees? That is a huge 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, Jan 10th after the last class.

Name	Rounds