

## Team Challenge #5

Trainer: Melissa Johns

Due Date: January 1st at noon, pending holiday make-up classes

Challenge: 8 minute AMRAP (As many rounds as possible in 8 minutes)!

20 squats

10 Burpees CrossFit burpees (chest to floor jump at the top)- Modifier Single Side squat jacks: step out side to side arms above head like a jumping jack movement with each step

10 Push ups - Modify to knees if needed

20 Mountain climbers (each leg is 1)- Modifier lean into wall and pull knees into body like a standing mountain climber

Modifiers are at the discretion of the Trainer.

Complete all 4 exercises for it to be considered a full round with .25 for any additional exercise completed not included in a full round. Add up the teams total rounds at the end of 8 minutes. The Trainer will report the results to Erin at [efaught@princetonclub.net](mailto:efaught@princetonclub.net).

Team Name/Day/Time: \_\_\_\_\_ Trainer: \_\_\_\_\_

# of Team Participants: \_\_\_\_\_

Name: \_\_\_\_\_ Rounds \_\_\_\_\_

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