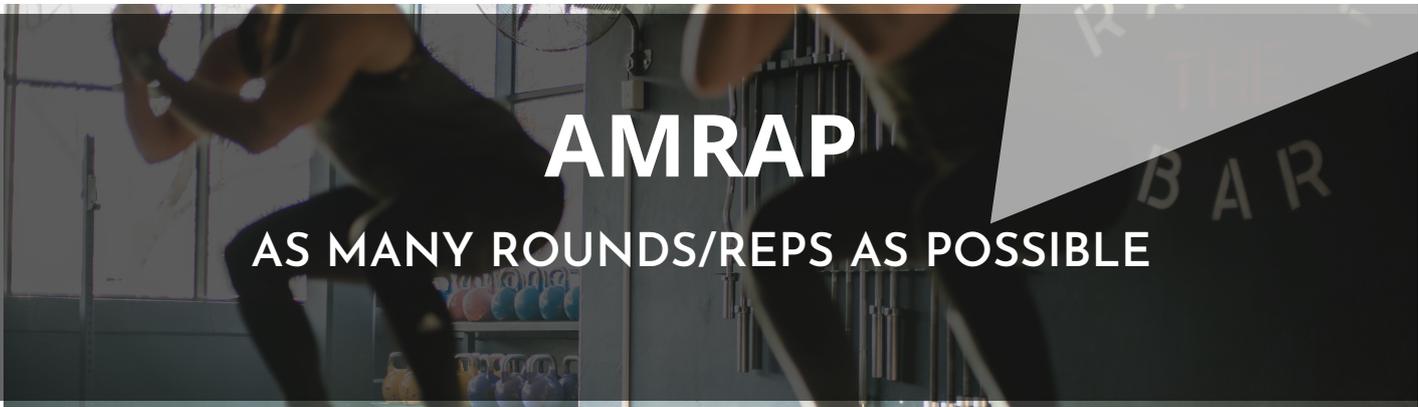




**FREE  
WORKOUT**



# AMRAP

AS MANY ROUNDS/REPS AS POSSIBLE



**PUMP UP YOUR HEART RATE  
WITH THIS 20 MIN AMRAP**

Repeat the entire circuit for 20 minutes  
and see how many rounds you get!

20 Free squats	<a href="https://youtu.be/oSuUtFEjr-E">https://youtu.be/oSuUtFEjr-E</a>
20 Russian Twist	<a href="https://youtu.be/IMoKKr6FAbl">https://youtu.be/IMoKKr6FAbl</a>
12 Hand release push-ups	<a href="https://youtu.be/XpXKFUFIL_0">https://youtu.be/XpXKFUFIL_0</a>
6 Burpees	<a href="https://youtu.be/6EzJEIVrgAA">https://youtu.be/6EzJEIVrgAA</a>