

AMRAP PARTNER WORKOUTS

AMRAP = As Many Reps As Possible

INSTRUCTIONS: While partner A completes the AMRAP Challenge, partner B jogs the perimeter. When you hear the change signal, switch places. Then partner B will complete the AMRAP Challenge and partner A will jog the perimeter. Complete each challenge in the order below. If you complete all 5 challenges, start over with AMRAP #1.

AMRAP Challenge Card No. 1

AMRAP #1: Squats

AMRAP #2: Perfectly Modified Push-Ups

AMRAP #3: Side-to-Side Skier Jumps

AMRAP #4: Mountain Climbers

AMRAP #5: Hold High Plank Position

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AMRAP Challenge Card No. 2

AMRAP #1: Lunges

AMRAP #2: Perfect Form Jumping Jacks

AMRAP #3: Burpees

AMRAP #4: Jog in Place High Knees

AMRAP #5: Shoulder Taps (from High Plank Position)

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AMRAP Challenge Card No. 3

AMRAP #1: Raised Arm Circles

AMRAP #2: Plank Jacks

AMRAP #3: Sitting Core Twists (Tap Floor Side to Side)

AMRAP #4: Half Jacks (Legs/Feet Only)

AMRAP #5: 1-Arm Plank Supermans (Alternate Arms)

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AMRAP Challenge Card No. 4

AMRAP #1: Super-Slow-Motion Push-Ups

AMRAP #2: Perfect Form Jumping Jacks

AMRAP #3: Side-to-Side Skier Jumps

AMRAP #4: Half Jacks (Legs/Feet Only)

AMRAP #5: Alternate Bird Wings (from High Plank Position)

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AMRAP Challenge Card No. 5

AMRAP #1: Power Jumps (with knee tucks)

AMRAP #2: Zombie Walks (stay on spot)

AMRAP #3: Perfectly Modified Push-Ups

AMRAP #4: Mummy Jacks

AMRAP #5: Shoulder Taps (from High Plank Position)

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AMRAP Challenge Card No. 6

AMRAP #1: Scissor Arm Chops

AMRAP #2: Plank Jacks

AMRAP #3: 1-Arm Plank Supermans (Alternate Arms)

AMRAP #4: Shoulder Taps (from High Plank Position)

AMRAP #5: Perfect Form Jumping Jacks