



Short Circuit – March 28: AMRAP

AMRAP = As Many Rounds As Possible*
(*with proper/safe technique)

AMRAP; 10 reps of each for 5 minutes:

- a) Curtsy Squat (alternate)
- b) Goblet Squat
- c) Dumbbell Reverse Flye

AMRAP; 8 reps of each for 4 minutes:

- a) Side Lunge (right AND left side)
- b) Plank with opposite Arm/Leg Raise (alternate)
- c) Sit ups

AMRAP; 6 reps of each for 3 minutes:

- a) Woodchopper (right AND left side)
- b) Pushup and Row (alternate; 3 rows per side)
- c) Bicep Curl and Overhead Press

For exercise descriptions, click [here](#) to go to our Movement of the Week page.



Curtsy Squat



Goblet Squat



Dumbbell Reverse Flye



Side Lunge



Plank - Opposite Arm/Leg Raise



Sit-ups



Woodchopper



Pushup and Row



Bicep Curl and Overhead Press

