



AMRAP (As Many Rounds as Possible)

Players will complete the following reps of each exercise to complete one round.
Suggested time is 20 min. Adjust according to your team.

20 squats

20 plank up downs

<https://youtu.be/L4oFJRDAU4Q>

20 glute bridges

<https://youtu.be/N48d7sm8dbU>

1 lap around the gym