

TODAYS WORKOUT 1

15 MINUTE AMRAP

*as many rounds as possible

20 Bodyweight squats

10 Push-ups

20 Walking lunges

15 Second Plank

30 Jumping jacks



TODAYS WORKOUT 2

15 MINUTE AMRAP

*as many rounds as possible

20 Bulgarian Split Squats

10 Tricep Dips

20 Glute Bridges

10 Leg Raises

30 High Knees



AGW FITNESS
Personal Training

TODAYS WORKOUT 3

15 MINUTE AMRAP

*as many rounds as possible

20 Lateral Lunges

10 Inchworms

20 Squat Jumps

10 Mountain Climbers

5 Burpees



AGW FITNESS
Personal Training