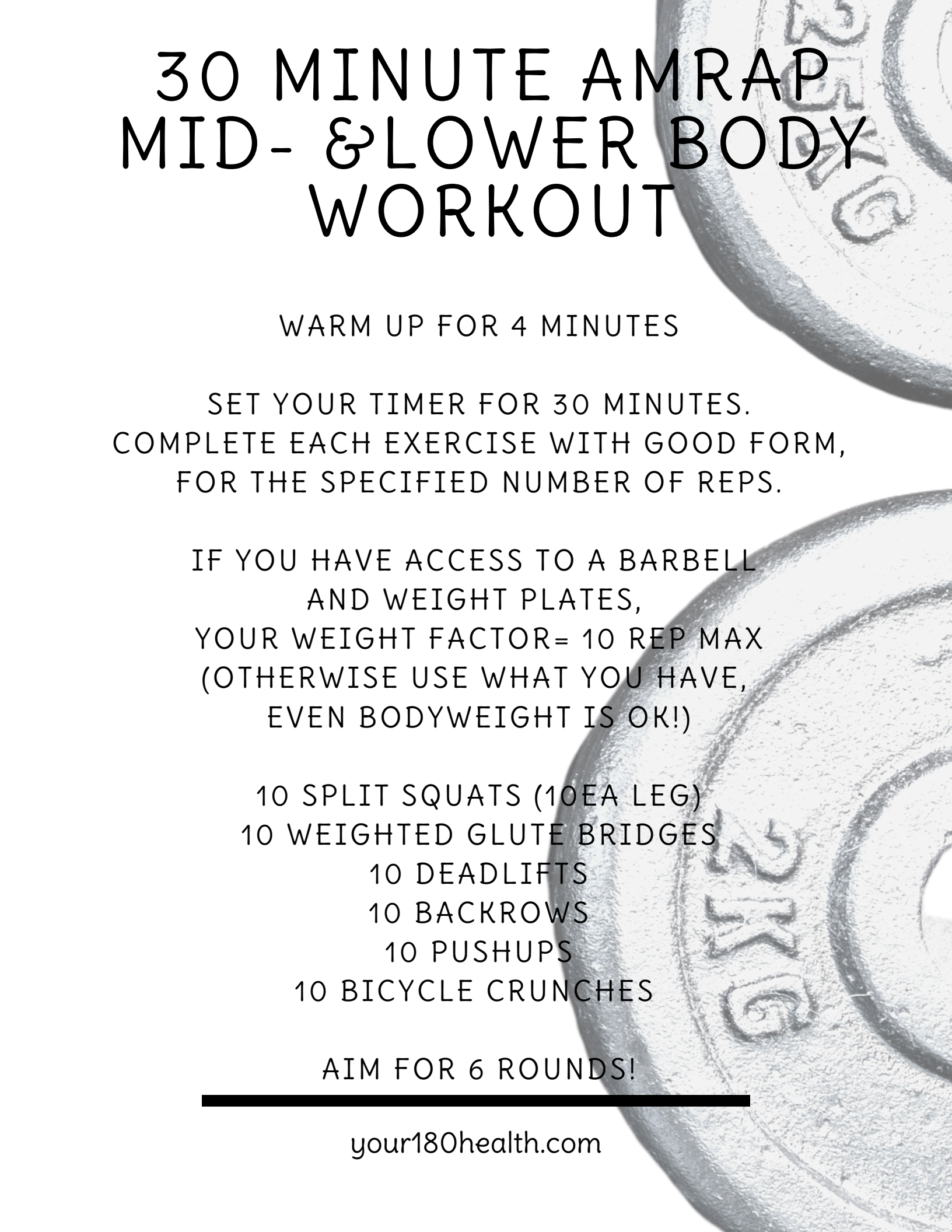
30 MINUTE AMRAP MID- &LOWER BODY WORKOUT



WARM UP FOR 4 MINUTES

SET YOUR TIMER FOR 30 MINUTES.
COMPLETE EACH EXERCISE WITH GOOD FORM,
FOR THE SPECIFIED NUMBER OF REPS.

IF YOU HAVE ACCESS TO A BARBELL
AND WEIGHT PLATES,
YOUR WEIGHT FACTOR= 10 REP MAX
(OTHERWISE USE WHAT YOU HAVE,
EVEN BODYWEIGHT IS OK!)

10 SPLIT SQUATS (10EA LEG)
10 WEIGHTED GLUTE BRIDGES
10 DEADLIFTS
10 BACKROWS
10 PUSHUPS
10 BICYCLE CRUNCHES

AIM FOR 6 ROUNDS!

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