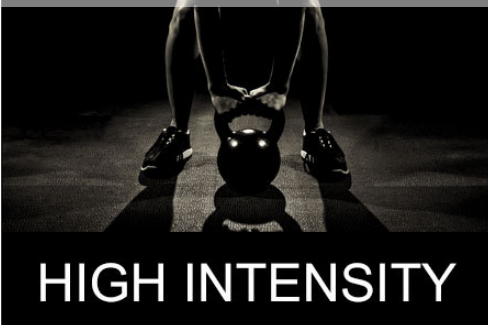


Do as many circuits as you can in 20 minutes. Record circuits plus extra reps.

Modify exercises if needed. Maintain good form at all times. Break when necessary.

Equipment: Bodyweight

### High Intensity

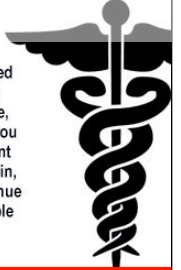


## HIGH INTENSITY

REPS	WEIGHT	TIME	NOTES

### Before You Begin

Always review exercise with your doctor to ensure that it isn't contraindicated by any medications or medical issues you may have. If you haven't trained for a while, start out slow and go easy. If at any time you feel you are exercising beyond your current fitness abilities, or you feel discomfort, pain, dizziness, or nausea, you should discontinue exercising immediately. You are responsible for exercising within your limits.



## BEFORE YOU BEGIN

REPS	WEIGHT	TIME	NOTES



## Warm Up

REPS	WEIGHT	TIME	NOTES

### Circuit AMRAP

## AMRAP Circuit

REPS	WEIGHT	TIME	NOTES

### Pull Up

Back



REPS	WEIGHT	TIME	NOTES
5			

### Push Up

Chest



REPS	WEIGHT	TIME	NOTES
10			

### Squat

Hotel



REPS	WEIGHT	TIME	NOTES
15			



## Cool Down

REPS	WEIGHT	TIME	NOTES