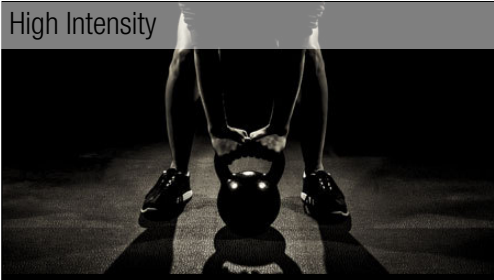


Do as many circuits as you can in 20 minutes. Record circuits plus extra reps.

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

Equipment: Bodyweight

High Intensity

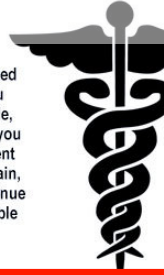


HIGH INTENSITY

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

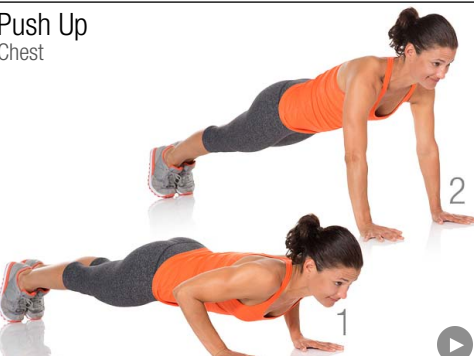
Pull Up
Back



1 2

REPS	WEIGHT	TIME	NOTES
5			


Push Up
Chest



1 2


REPS	WEIGHT	TIME	NOTES
10			

Squat
Hotel



1 2 3

REPS	WEIGHT	TIME	NOTES
15			



Cool Down

REPS	WEIGHT	TIME	NOTES