

Jump Rope AMRAP

Warm up and stretch

10 minute jump rope AMRAP (As Many Rounds As Possible)

10 minute circuit of following exercises:

- 50 double unders or 100 singles
- 30 thrusters
- 20 sit ups
- 10 hand release push ups

Stretch and cool down for 10 minutes

Notes from Kyra on the circuit: Start the timer and go down that list of all the exercises as many times as you can. Each full found of exercises gets a point and the reps of the partial set add up your final score. For example, if I made it through 3 full rounds, then I got through 50 double unders and 22 thrusters, my score would be 3+ 72. I made it through that circuit 3 times resulting in three points, then I did 50 double unders + 22 thrusters, so you add those two up for a final score of 75.

Check out the blog post for videos on how to do the Thrusters and Hand Release Pushups.

~ ~ ~