

**ANOTHER
AMRAP**





FUNCTIONAL FITNESS, NUTRITION & WELLNESS

Group Fitness Bootcamp Classes
Experience the FIT 1 Difference!
Co-Ed, Women Only / Fit Kids

46 Fieldway Unit #8, Etobicoke, ON
FIT1BOOTCAMP.COM 647.776.7776

- Perform four exercise circuit. Do as many exercises as possible in 20 minutes
- Tabata Finisher circuit. 20 seconds of work, 10 seconds of rest continually for 8 consecutive Rounds.

Circuit [AMRAP] 20 Mins

1. Front Lunge: **21**
 2. Basic Hollow Body Crunch: **13**
 3. Everest Mountain Climber: **8 (2=1)**
 4. KB/DB Single Leg Hip Hinge: **3/3**
- (If no weights then do single leg hip Ext: **3/3**)

Finisher (20/10x4) 9 Rounds

1. Run/March on spot
2. Mountain Climbers
3. Reverse Lunge to High Knee
4. Side Plank

COMPENSATION

(Hold 30-60 secs, Belly Breathe, Foam Roll)

Clasped Hand Forward Fold

Pigeon

Scorpion / Chest Stretch

Forearm Frog

Floor Bow / Quad Stretch

Spinal Twist Stretch



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