

**DUMBBELL
COMPLEX
AMRAP'S**



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

8 Minute AMRAP OVERVIEW

Total Time 40 Minutes:

- **Begin with mobility warm up and movement prep**
- **Perform two 8- Minute AMRAP Rounds**
- **First round: 2 mins using lighter weight to ramp up and remaining 6 mins use desired weight**
- **Take 3-5 minutes rest and then perform second AMRAP**
- **Perform Compensation at end of workout**

Warmup

- Neck
- Shoulder Rolls
- Gun Slingers
- Clasped Hand Forward Fold
- Squat to stand + Arm Extension
- Hip Circles
- Knee Circles
- Prisoner Lunge & Twist
- Down Dog / Up Dog
- Hip Swivels

8 Minute AMRAP Dumbbell Complex X 2

Perform 2-3 cycles / side

1. Dumbbell Swings: 2 reps
2. Dumbbell Hang Clean; 1 rep
3. Dumbbell Front Squat: 1 rep
4. Dumbbell Push Press: 1 rep

3 minutes SECOND REST

(Hold for 30-60 secs focusing on breath)

Foam Roll

Pigeon

Forearm Frog

Floor Bow / Quad Stretch

Scorpion / Chest Stretch

Spinal Twist Stretch



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