



AMRAP

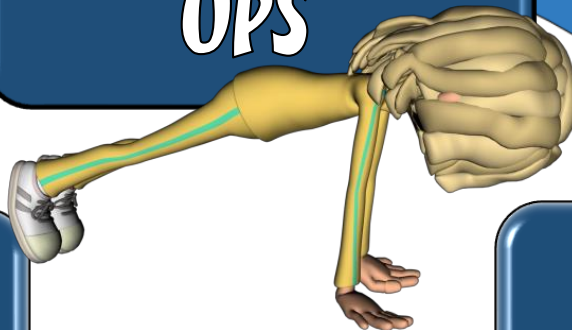


(AS MANY ROUNDS AS POSSIBLE)



20
SKIER
JUMPS

12 PUSH
UPS



20
ARM CIRCLES



15 TRICEP
DIPS

R
E
P
E
A
T

20 VERTICAL
JUMPS



JOG
3 LAPS





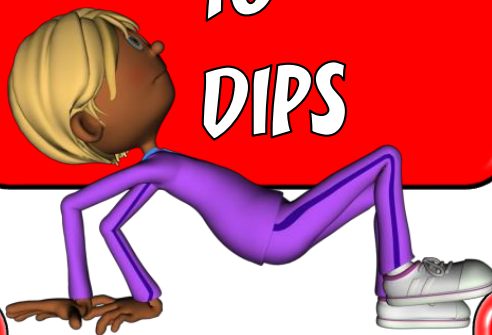
AMRAP



(AS MANY ROUNDS AS POSSIBLE)



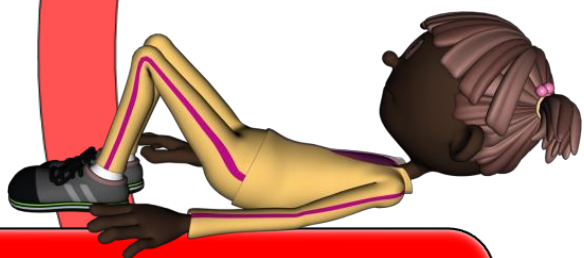
10 LUNGES



10 DIPS



10 STRADDLE JUMPS



15 CURL-UPS

**R
E
P
E
A
T**

**SKIP
2 LAPS**



**WALL-SIT
20 SEC.**

