

Workout 2: As Many Rounds as Possible

Equipment needed:

Dumbbells

Mini loop band



Workout 2: AMRAP

AS MANY ROUNDS AS POSSIBLE (AMRAP)

You will have 3 AMRAPs in this workout. A 15 minute, 10 minute, and 5 minute one.

To perform AMRAP 1 set your timer for 15 minutes. Perform the 4 exercises in a circuit (all reps of first exercise immediately followed by second exercise, and so on). Rest as needed and repeat through the circuit for as many rounds as you can in 15 minutes.

You will follow the same instructions for AMRAP 2 (set your time for 10 minutes) & AMRAP 3 (set your time for 5 minutes)

Workout 2: AMRAPs

AMRAP 1 (15 minutes)

Set your timer for 15 minutes (rest as needed)

A. Forward Lean Lunge & Row x 10 reps

B. T Raises x 12-15 reps

C. Side Plank Hip Drops x 10 reps / side

D. Banded Glute Bridge x 20 reps

AMRAP 2 (10 minutes)

Set your timer for 10 minutes (rest as needed)

A. 1 Arm Overhead Split Squat x 10 /side

B. Banded Inchworm Toe Taps x 8-10 reps

C. Reverse Fly x 12-15 reps

Workout 2: AMRAPs

AMRAP 3 (5 minutes)

Set your timer for 5 minutes (rest as needed)

A. Banded Wall-Sit Hip Abductions x 12-15 reps

B. Banded Wall-Sit Toe Taps x 12 total

Exercise Instructions

Forward Lean Lunge & Row

1. Stand with your torso upright holding two dumbbells by your sides. This will be your starting position.
2. Take a large stride forward forward with one leg and lower your body down, bringing the torso forward so your chest is over your thighs. Inhale as you go down.
3. In the bottom position squeeze your shoulder blades together and row the dumbbells up with the elbows bent.
4. Push back from your front leg to a standing position.
5. Repeat leading with the opposite leg for your total number of reps or time

Exercise Instructions

T Raises

1. Stand hip to shoulder width apart with DB's held down at your side
2. Perform a lateral raise to shoulder height, and then bring the arms straight out in front of you, lower slowly to the front of your thighs
3. Immediately perform a front raise by lifting the DB's straight out in front of you, then pull them out to your sides, then lower slowly back down to your sides-
4. Repeat the sequence

Exercise Instructions

Side Plank Hip Drops

1. Start in a side plank position. Keep your core engaged
2. Drop the hip and lightly touch the ground-
Raise the hip back up into your side plank position-
3. MODIFICATION: Keep the knees bent and resting on the floor
4. Repeat for the prescribed reps or time

Exercise Instructions

Banded Glute Bridge

1. Lie face up on a mat. Place a mini-band around your legs (either just above or below knees).
2. Bend your knees so your feet are flat on the floor with heels under knees.
3. Push through your heel, lifting your hips up to the point where there is a straight line from your chest to your knees.-
4. Squeeze your bum at the top of the movement. Keep knees out so there is resistance against band.
5. Lower until your bum is just above the ground or touching the ground and lift again.
6. Keep your hips aligned throughout the whole movement.

Exercise Instructions

1 Arm Overhead Split Squat

1. Hold a Dumbbell overhead with neutral grip (palm facing your head) and arm straight.
Feet hip width apart
2. Take a big step backward and bring your rear knee close to the ground.
3. Push back up with your weight coming through the heel of your front foot.
4. Your feet should remain in the same position through all repetitions of the exercise.
5. Repeat with the opposite leg leading.

Exercise Instructions

Banded Inchworm Toe Tap

1. Start by placing a mini-band around your ankles and stand up tall.
2. Tightening the core, slowly bend over and place your hands on the floor.
3. Walk your hands out to a plank position and then bring one leg out as far as you can to tap the floor. Bring back to center then repeat with the other leg.
4. While keeping your legs as straight as possible, walk your hands back to your feet, and lift back up into a standing position
5. Repeat for prescribed reps or time

Exercise Instructions

Reverse Fly

1. Stand with feet comfortable and tummy gently drawn in. Lean forward/hinge from your hips with a dumbbell in each hand. Your hands should be shoulder width apart and palms facing your body (alternatively you could lie face down on an inclined bench with your feet on the ground).
2. Your palms should be facing each other.- Keeping your elbows slightly bent and hands directly under your shoulders, retract your shoulder blades back and down. Lift your arms up away from your body to shoulder level.
3. Lower back down under control to the start position.

Exercise Instructions

Banded Wall-sit Hip Abductions

1. Place a mini-band around your legs (either just above the knee or just below).
2. Hold a wall sit position with back flat and knees between 45-90 degrees.
3. Pull knees away from each other against the resistance of the band-
4. Repeat for prescribed number of reps or time

Exercise Instructions

Banded Wall-sit Toe Taps

1. Place a mini-band around your legs (either just above the knee or just below).
2. Hold a wall sit position with back flat and knees between 45-90 degrees.
3. Tap one leg out to the side for the prescribed number of reps or time. Repeat on other leg.