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## ROUND 1 BW AMRAP

### 1<sup>ST</sup> QUARTER

#### INSTRUCTIONS:

**15-MINUTE AMRAP.**

**GO IN ORDER OF THE LISTED WORKOUT**

**GO LIVE IN THE [FACEBOOK GROUP](#) WHILE DOING THE WORKOUT, POST YOUR REPS IN THE COMMENTS OF YOUR VIDEO!**

**(1 ROUND = 45 REPS; IF YOU DON'T FINISH A ROUND COUNT THE REPS YOU FINISHED).**

| Activity  | Sets | Reps | Weight |
|---|------|------|--------|
| <a href="#">Push-Up</a><br>(No Weight)          | 1    | 10   | BW     |
| <a href="#">Leg Levers</a><br>(No Weight)       | 1    | 10   | BW     |
| <a href="#">Burpee</a><br>(No Weight)           | 1    | 5    | BW     |
| <a href="#">Air Squat</a><br>(No Weight)        | 1    | 10   | BW     |
| <a href="#">4ct Flutter Kick</a><br>(No Weight) | 1    | 10   | BW     |



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