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SWEET 16 RUCK AMRAP

BLOOD

INSTRUCTIONS:

20-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 = 60 REPS; IF YOU DON'T FINISH A ROUND COUNT THE REPS YOU FINISHED).

| Activity | Focus for REPS | Sets | Reps | Weight |
|----------------------|--|------|---------------------|---------------------------------|
| Ruck Thruster | Get to or break parallel in the squat, full extension overhead | 1 | 5 | 30# Plate (32# Ruck minimum) |
| Ruck Overhead Sit-Up | Keep butt on ground, full extension with ruck overhead | 1 | 10 | 30# Plate (32# Ruck minimum) |
| Ruck Overhead Lunge | Touch knee to ground gently, DO NOT let ruck rest on head | 1 | 30 (15 per knee) | 30# Plate (32# Ruck minimum) |
| Ruck Overhead Sit-Up | Keep butt on ground, full extension with ruck overhead | 1 | 10 | 30# Plate (32# Ruck minimum) |
| Ruck Thruster | Get to or break parallel in the squat, full extension overhead | 1 | 5 | 30# Plate (32# Ruck minimum) |

If not taking part in the main bracket weights for rucks are to be 20 lb plate/ruck if you are under 150 lbs and if you are 150 lbs or more than your ruck weight will be 30 lb plate/ruck



www.ClevelandAreaRuckingCrew.com