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ROUND 2 BW AMRAP

THE VITALE

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 = 48 REPS; IF YOU DON'T FINISH A ROUND COUNT THE REPS YOU FINISHED).

Activity	Sets	Reps	Weight
Sit-Up (No Weight)	1	8	BW
4ct Side Straddle Hop (No Weight)	1	8	BW
Hand Release Push-Up (No Weight)	1	8	BW
Butterfly Sit-Up (No Weight)	1	8	BW
Prisoner Squat (No Weight)	1	8	BW
Close Grip Push-Up (No Weight)	1	8	BW



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