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ROUND 2 BW AMRAP

TEARS

INSTRUCTIONS:

25-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 = 140 REPS; IF YOU DON'T FINISH A ROUND COUNT THE REPS YOU FINISHED).

Activity	Sets	Reps	Weight
Hand Release Push-Up (No Weight)	1	10	BW
Burpee (No Weight)	1	5	BW
Hand Release Push-Up (No Weight)	1	10	BW
Burpee (No Weight)	1	5	BW
Hand Release Push-Up (No Weight)	1	10	BW
Air Squat (No Weight)	1	100 (Not a typo)	BW



www.ClevelandAreaRuckingCrew.com