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ELITE 8 RUCK AMRAP

ANKLE BREAKER

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 = 150 REPS; IF YOU DON'T FINISH A ROUND COUNT THE REPS YOU FINISHED).

Activity	Focus for REPS	Sets	Reps	Weight
Ruck on Back Calf Raises	Ruck on back, heel to ground to start each rep, get full flexion at ankle on the up movement	1	50	30# Plate (32# Ruck minimum)
Ruck Swing	Ruck must reach eye level on the up and go between legs on the down movement	1	25	30# Plate (32# Ruck minimum)
Ruck High Pull w/ Dead Hang	Ruck held from top handle, start point in the dead hang, bring ruck to chest level, back down to dead hang	1	25	30# Plate (32# Ruck minimum)
Ruck on Back Squat	Break parallel on the down, full stand before going back down, hands in front (not on knees or hips)	1	50	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