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SWEET 16 RUCK AMRAP
TRANSITION OFFENSE

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 = 50 REPS; IF YOU DON'T FINISH A ROUND COUNT THE REPS YOU FINISHED).

Activity	Focus	Sets	Reps	Weight
Ruck Squat	Get to or break parallel	1	20	30# Plate (32# Ruck minimum)
Ruck Swing	Ruck to eye level at peak of swing	1	15	30# Plate (32# Ruck minimum)
Ruck Curl	Full extension to full flexion at the elbow	1	10	30# Plate (32# Ruck minimum)
4ct Overhead Hand Clap w/ Ruck	Hands must touch and shouldn't drop below the shoulders	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 then your ruck weight will be 30 lb plate/ruck



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