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ROUND 1 BW AMRAP

SWEAT

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 = 65 REPS; IF YOU DON'T FINISH A ROUND COUNT THE REPS YOU FINISHED).

Activity	Sets	Reps	Weight
4ct Mountain Climber (No Weight)	1	25	BW
4ct Overhead Hand Claps (No Weight)	1	20	BW
Butterfly Sit-Ups (No Weight)	1	10	BW
Burpee (No Weight)	1	10	BW

