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ROUND 2 BW AMRAP

MIXED BAG

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 = 60 REPS; IF YOU DON'T FINISH A ROUND COUNT THE REPS YOU FINISHED).

Activity	Focus for REPS	Sets	Reps	Weight
4ct Overhead Hand Clap	Down position is arms at shoulder level, do not let them drop below for reps to count. Make sure to CLAP overhead	1	20	BW
4ct Jumping Lunges	Gently touch knee to ground, burst upwards and land on opposite side with gently touching the knee. Keep hands off the hips.	1	10	BW
4ct Front Hand Clap	Arms should be at the same level as the shoulders, bring arms back inline with the body, bring them forward and CLAP in front	1	20	BW
4ct Bicycle Crunch	Elbows and knees need to come as close as possible for reps to count, of leg needs to be straight with knee locked out.	1	10	BW



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