

UFIT Workout 2

AMRAP = As many rounds as possible of the given exercises

Each AMRAP is 8 minutes long equaling a 32 minute workout (adjust the time as you'd like to set the length of your workout)

AMRAP 1

10 push ups

20 squats or jump squats

30 bicycles

AMRAP 2

10 tricep push ups

20 reverse lunges or jumping lunges

30 jumping jacks

AMRAP 3

10 inchworm planks

20 calf raises

30 high knees

AMRAP 4

10 tricep dips

20 hip bridges

30 side lunges