

**WARM  
UP**

	1 ROUND	2 ROUND	3 ROUND	
PUSHUPS	20	25	30	PUSHUPS
MOUNTAIN CLIMBER	20	25	30	MOUNTAIN CLIMBER
SITUP	20	25	30	SITUP
MOUNTAIN CLIMBER	20	25	30	MOUNTAIN CLIMBER
OVER HEAD LUNGES	20	25	30	OVER HEAD LUNGES

**FAT AMY  
FOR TIME**

1	50 AIR SQUAT
2	10 BURPEES
3	40 SIT-UP DIAMOND
4	10 BURPEES
5	30 ALTERNATE LUNGES
6	10 BURPEES
7	20 V-UP
8	10 BURPEES
9	10m BEAR CRAWL
10	10 BURPEES
11	20 V-UP
12	10 BURPEES
13	30 ALTERNATE LUNGES
14	10 BURPEES
15	40 SIT-UP DIAMOND
16	10 BURPEES
17	50 AIR SQUAT

