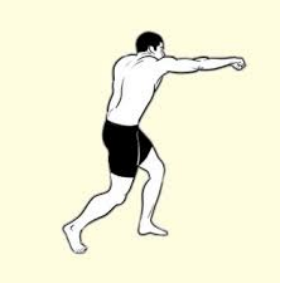
Name : AMRAP Cardio Boxing

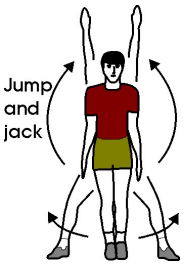
Date : April 29, 2020

Program : (AMRAP)As Many Reps As Possible

Warm up Skip



R Jab
L Cross
R Hook



Star Jump

Set	Rep	Tempo	Rest	Weight	Set	Rep	Tempo	Rest	Weight	Set	Rep	Tempo	Rest	Weight
1-2	1min		30s		2-3	1min				2-3	20			

L Jab
R Cross
L Hook

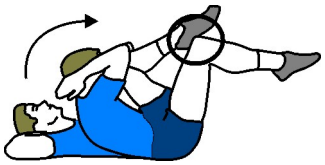
Alternate Front Kicks

R Jab
L Cross
R Uppercut

Set	Rep	Tempo	Rest	weight	Set	Rep	Tempo	Rest	weight	Set	Rep	Tempo	Rest	Weight
2-3	1min	2:2	10s		2-3	20				2-3	1m			

Alt High Knees

L Jab
R Cross
L Upper



abs Bicycle

Set	Rep	Tempo	Rest	Result	Set	Rep	Tempo	Rest	Result	Set	Rep	Tempo	Rest	Result
2-3	20				2-3	1m				2-3	20ea			