



AMRAP

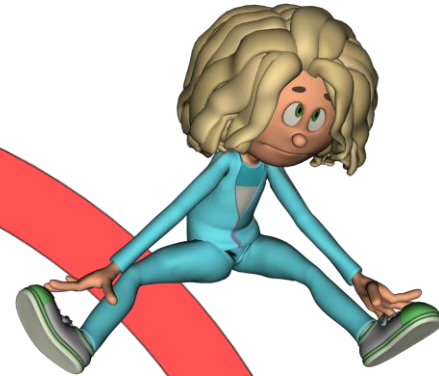
(AS MANY ROUNDS AS POSSIBLE)



10 LUNGES

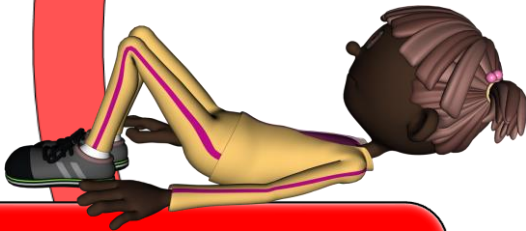


10 DIPS



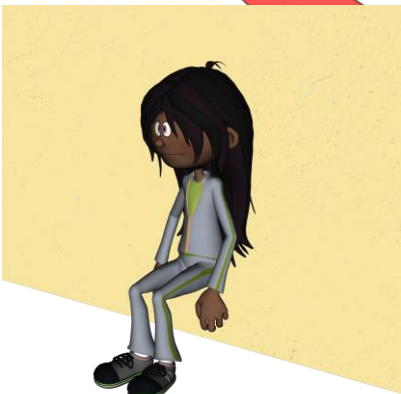
10 STRADDLE JUMPS

**R
E
P
E
A
T**



**15
CURL-UPS**

**SKIP
2 LAPS**



**WALL-SIT
20 SEC.**



CANDY RED WORKOUT