



AMRAP



(AS MANY ROUNDS AS POSSIBLE)



20
SKIER
JUMPS

12 PUSH
UPS



20
ARM CIRCLES

R
E
P
E
A
T

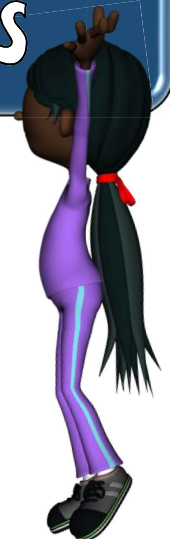


15 TRICEP
DIPS

20 VERTICAL
JUMPS



JOG
3 LAPS



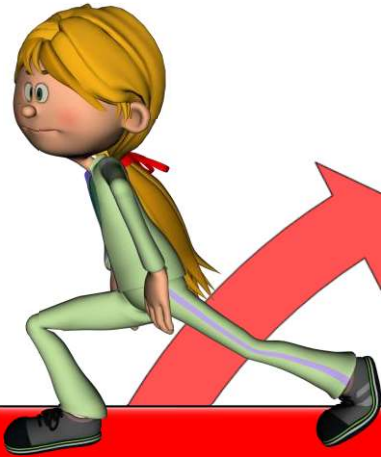
NAVY BLUE WORKOUT



AMRAP



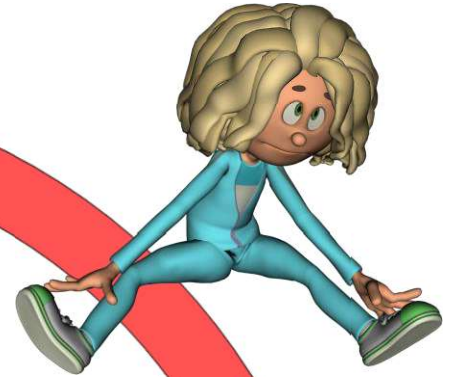
(AS MANY ROUNDS AS POSSIBLE)



10 LUNGES

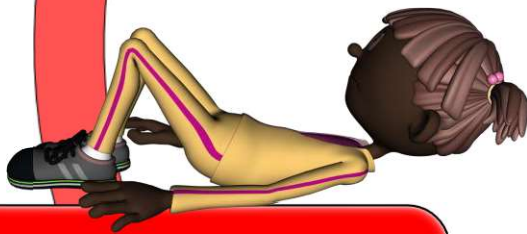


10 DIPS



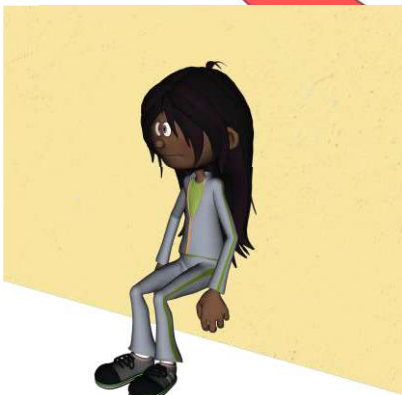
10 STRADDLE JUMPS

R
E
P
E
A
T



15 CURL-UPS

SKIP
2 LAPS



WALL-SIT
20 SEC.



CANDY RED WORKOUT