

Title: Living room “As Many Rounds As Possible” (AMRAP) workout

Grade: 6-8

Lesson Target: Students will be participating in a AMRAP workout that will challenge their muscular endurance, strength, and cardiovascular fitness abilities.

Vocabulary for Lesson:

- **Repetition:** Performing a certain exercise one time
- **Round:** Completing all repetitions of all exercises one time

What is an AMRAP workout?: An AMRAP workout is a type of workout made popular by the Crossfit community. It stands for “as many rounds as possible”, which very simply means that you are trying to do as many rounds as you can in a certain amount of time. There are many ways to create your own workout with your own choice of exercises. Always record your workout and results so that you can see if you can do better at a later date. Try to beat your personal bests!

Examples: Check out some other examples of AMRAP workouts

Full body workout: <https://video.link/w/dcp5>

Upper body exercises: <https://video.link/w/tfp5>

What you will need:

- A phone timer or clock
- A comfortable amount of space in your room or outside
- Athletic clothes and proper shoes

Time to Move! Using a clock or a phone timer, you have 20 minutes to complete as many rounds of exercises as possible. A round consists of all four exercises. Do as many rounds as you can before time runs out!

Rounds include:

10 Push-ups

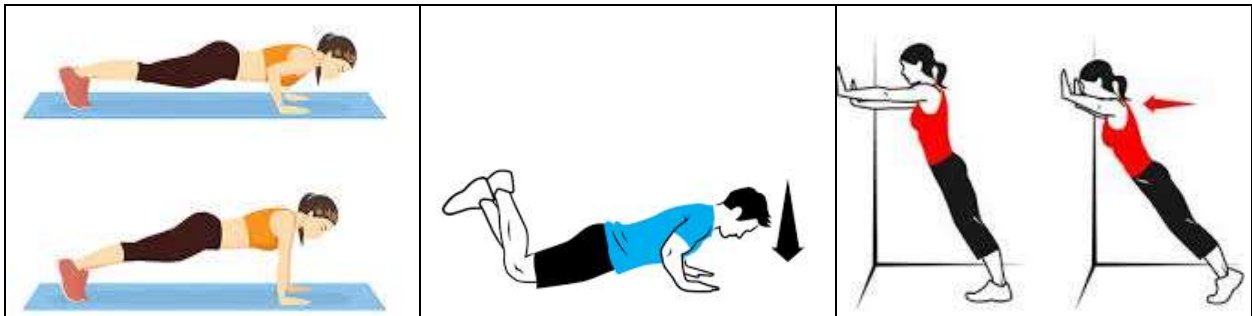
10 Sit-ups

10 Burpees

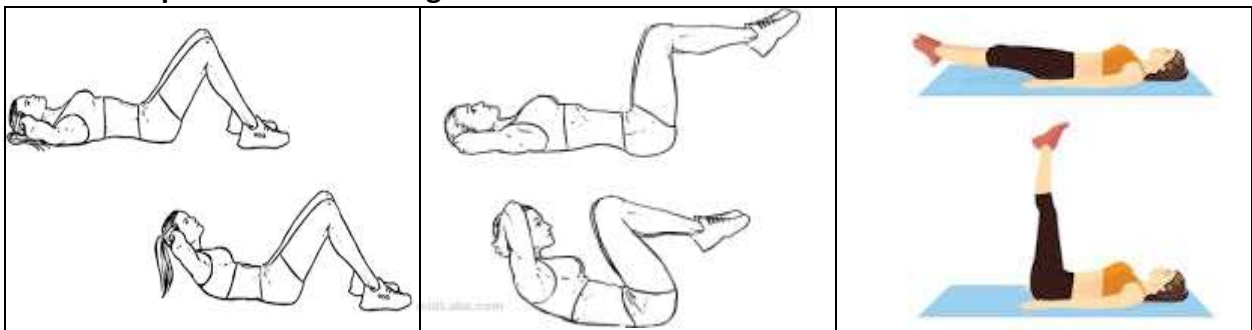
10 Air Squats

Log your results: Using a PALA account or your own personal journal, write down this workout and record how many rounds you completed. Try to beat it another day!

Push-ups or Modified Push-ups or Wall Push-ups:

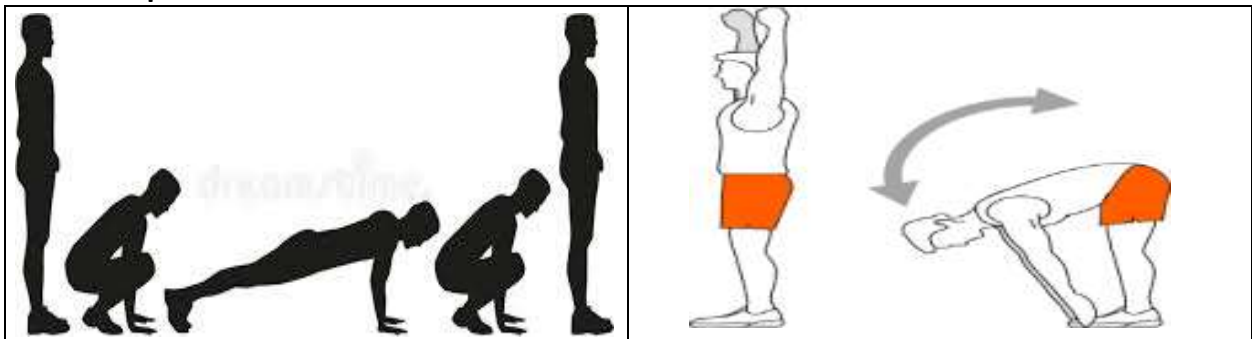


Sit-ups or Crunches or Leg Lifts:



shutterstock.com • 1338723998

Burpees or Toe Touches:



Air Squats or Chair Sits:

