

AMRAP AUGUST!

Sports West Personal Training's August Fitness Challenge EXERCISE TRACKING SHEET



DO AS MANY ROUNDS AS POSSIBLE (AMRAP) IN 8 MINUTES OF
12 DIFFERENT AMRAPs! COMPLETE IN ANY ORDER, THEN YOU'LL BE ENTERED
INTO A DRAWING TO **WIN PRIZES!**

	EXERCISE	COMPLETED
1	10 BURPEES, 20 AIR SQUATS, 20 REVERSE CRUNCHES	
2	15 PLYO-BOX JUMPS(STEP DOWN), 20 HAMSTRING CURL PLANKS, 10 DUMBBELL SHOULDER PRESS	
3	5 PULL UPS OR ASSISTED PULL UPS, 20 HOVER SQUAT CORD ROW, 10 EA. SIDE HIP UPS L/R	
4	20 JUMP ROPE, 10 PUSH UPS, 15 FITBALL HAMSTRING CURL	
5	15 BODYWEIGHT HIP BRIDGE, 20 MT. CLIMBERS, 15 CORD RESISTED STRAIGHT ARM PULL DOWN	
6	10 EA. SIDE LATERAL LUNGE(L/R), 10 EA SIDE PLANK ROTATION (L/R), 15 BATTLE ROPE EXERCISES	
7	20 KETTLEBELL SWINGS, 20 ROWS ON MACHINE, 10 PUSH UPS	
8	10 EA. SIDE CORD RESISTED PALLOF SIDE STEP (L/R), 15 KB GOBLET SQUAT, 15 TRX HAM CURL	
9	8 TRX LETTER I RAISES, 20 SLALOM JUMPS, 10 TRX LAT REACHES	
10	20 TRX JUMP ROWS, 10 TRX FLYES, 10 EA. SIDE CORD RESISTED BENT KNEE HIP FLEX(L/R)	
11	4X4 BEAR CRAWL(UP/BACK=1), 10 EA. SIDE MED. BALL LIFT (L/R), 30 HIGH KNEES	
12	30 BUTT KICKERS, 10 ROLL OVER TO PLANK, 10 FIT BALL GLUTE RAISES	

Prizes:

- \$20 credit at Sports West Café
- 50-min. Massage at Spa of The West
- 1 Sports West Gym Bag
- 3 Sports West Ski Conditioning Classes* (*starts in Sept.*)
- 6 6AM Jungle Gym Classes*

* may re-gift

Good Luck!