

3 rd. Circuit

- min 1. Burpees AMRAP (As many reps as Possible)
- min 2. Jump Ropes AMRAP
- min 3. Box Jump Overs AMRAP
- min 4. Sit ups AMRAP

3 rd. Circuit



Circuit workout

Created by Casey Smith on 27 Oct 2022, last updated on 27 Oct 2022.

est. 14 minutes

Equipment

Body weight

Instructions

- min 1. Burpees AMRAP (As many reps as Possible)
- min 2. Jump Ropes AMRAP
- min 3. Box Jump Overs AMRAP
- min 4. Sit ups AMRAP

Perform as a circuit workout of 3 rounds



Burpee

60 sec each

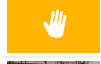


Rest for 15 sec



Jump Rope

60 sec each

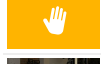


Rest for 15 sec

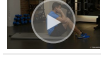


Box Jump Overs

60 sec each



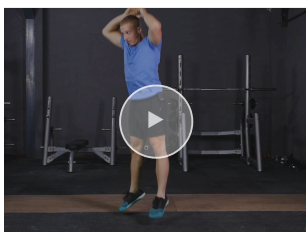
Rest for 15 sec



Sit Up

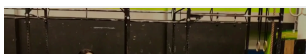
60 sec each

Repeat new round

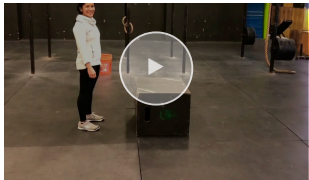


Burpee

1. Start in the top of a push up position.
2. Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.
3. Come to an upright position and jump into the air, raising your arms overhead.
4. Return to the mid position and then jump your feet back out to a straight position.



Box Jump Overs



Box Jump Over Efficiency Tips



Sit Up

- 1) Lie on your back on the floor with your feet shoulder width apart.
- 2) Begin by lifting your upper body up until you are sitting up straight with your arms either at your sides, crossed in front of you, or behind your head.
- 3) Lower your body back to the floor.
- 4) Make sure that you do not use your arms to swing your body up and make sure that your feet remain touching the ground at all times.

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1	Set 2	Set 3
Burpee	reps	reps	reps
Rest			
Jump Rope	Distance miles Time m: s Speed Levels/Incline Calories burnt	Distance miles Time m: s Speed Levels/Incline Calories burnt	Distance miles Time m: s Speed Levels/Incline Calories burnt
Rest			
Box Jump Overs	reps x lbs	reps x lbs	reps x lbs
Rest			
Sit Up	reps	reps	reps

Previous Stats