

# AMRAP

# Fitness Cards



2017

**10 AMRAP CARDS**

**SHOW THE AMRAP CARD**

**STUDENTS SET OWN GOAL**

**SET THE CLOCK**

**LET THE AMRAP BEGIN..**

**CHECK OUT MY SITE**

**[WWW.MRCLARKSPE.COM](http://WWW.MRCLARKSPE.COM)**



**AMRAP**

**10 JUMPING JACKS**

**RUN ACROSS GYM**

**10 SQUATS**

**BEAR CRAWL BACK ACROSS GYM**

**10 ALTERNATING WINDMILLS**

**REPEAT**

# AMRAP 2

JOG 1 LAP

5 BURPEES

HIGH 5 5 STUDENTS

CRABWALK TO WALL

10 MOUNTAIN CLIMBERS

REPEAT

# AMRAP 3

8 STAR JUMPS

7 PLANK JUMPS

6 PUSH-UPS

5 SQUATS

4 HALF JACKS

3 BURPEES

2 COFFEE GRINDERS

RUN 1 LAP

REPEAT



# AMRAP 4

3 JUMPS FORWARD

6 JUMPS SIDEWAYS

9 JUMPS ANYWHERE

12 PLANK JUMPS

REPEAT

**AMRAP 5**

**BEAR CRAWL TO OTHER SIDE**

**FROG JUMP BACK**

**3 BURPEES**

**LAME DOG TO OTHER SIDE**

**1 KNEE TO FEET JUMP**

**REPEAT**

# AMRAP 6

GALLOP TO WALL

LOCK ARMS WITH STUDENT

SKIP AROUND GYM

UNLOCK ARMS

BEAR CRAWL AWAY

REPEAT



**AMRAP 7**

**TOUCH YOUR**

**CRANIUM**

**DELTOID**

**PATELLA**

**METATARSALS**

**RUN 1 LAP**

**REPEAT**

**AMRAP 8**

**CHOICE OF EXERCISE**

**TOUCH 5 THINGS**

**CHOICE OF EXERCISE**

**CRAB FIVE 4 STUDENTS**

**CHOICE OF EXERCISE**

**REPEAT**



**AMRAP 9**

**DANCE AROUND GYM**

**ACT OUT SPORT**

**SWIM TO WALL**

**JUMP TO LINE**

**BEAR CRAWL TO WALL**

**REPEAT**

# AMRAP 10

1 BURPEE

TOUCH WALL

2 BURPEES

TOUCH NEW WALL

3 BURPEES

TOUCH NEW WALL

REPEAT