

20-30-10 model: You'll do 20 seconds of moderate intensity, 30 seconds of increased intensity, and 10 seconds of give-it-all-you've-got intensity for each exercise followed by 20 seconds of rest before moving on to the next exercise. Talking about heart rate and rate of perceived exertion.

And FYI, **AMRAP** = 10 reps of each move in that week's circuit; as many rounds as possible. Sorry, no rest breaks here. Make sure you keep track of how many rounds (or partial rounds) you were able to complete in the allotted time.

Week 1 : Squat, March, Mountain Climber, Butt Kick

- Day 1: Strength Class
- Day 2: 2 Rounds
- Day 3: Strength Class
- Day 4: 3 Rounds and a 1 min Plank
- Day 5: Strength Class
- BONUS: Do AMRAP for week 1 (*AMRAP: As Many Rounds As Possible- 10 reps of each move- for 10*)
- Day 7: REST

Record your rounds for your AMRAP Week 1: _____

Week 2: Punches, Pushups, Lunges, Flutter Kicks

- Day 1: 2 Rounds
- Day 2: Strength Class
- Day 3: 4 Rounds
- Day 4: Strength Class
- Day 5: Do AMRAP/ Pilates (*AMRAP: As Many Rounds As Possible- 10 reps of each move- for 10 mins*)
- Day 6: Strength Class
- BONUS: Day 7: REST

Record your rounds for your AMRAP Week 2: _____

Week 3: Single Arm & Leg Jacks, Side Knee Ups, Side Steps, Bridges

- Day 1: 2 Rounds
- Day 2: Strength Class
- Day 3: 4 Rounds
- Day 4: Strength Class
- Day 5: Do AMRAP and 1 min Plank (*10 reps of each move- for 10 mins*)
- Day 6: Strength Class
- BONUS: Day 7: REST

Record your rounds for your AMRAP Week 3: _____

Week 4: Cross Body Standing Crunch, Football Run, Burpee, Single Single Double Punch Up

- Day 1: 2 Rounds
- Day 2: Strength Class
- Day 3: 4 Rounds
- Day 4: Strength Class
- Day 5: Do AMRAP / Pilates (*10 reps of each move- for 10 mins*)
- Day 6: Strength Class
- BONUS: Day 7: REST

Record your rounds for your AMRAP Week 3: _____