



Round 2-AMRAP

April	6 –Squats		6 –Deadlift		6– Side Lunges Right		6– Side Lunges Left	
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								

Tabata 3 – Mountain Climbers/ High Knees

April	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7	Round 8
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								

Tabata 4 All Star Jumps/Jacks:

April	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7	Round 8
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								