



Royally Fit: 24 Minute AMRAP Workout

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AMRAP as you ladies likely know by this point means AS MANY REPS AS POSSIBLE! So this workout is always a sweater. We're working 2 exercises back and forth as many times as we can for 2 mins, 3 mins and then 4 mins. It's great for endurance and really working those muscles. I hope you enjoy! Let's do this!

What you will need:

- Weights

Warm-Up:

- 2 minutes of jump rope

Workout: Complete the two paired exercises below for 10 reps each back and forth as many times as you can for 2 minutes on, minute off, 3 minutes on, minute off, and then 4 minutes off. Do as many reps as possible within those time slots!

Set 1

- **Forward kick, lunge and jump switch** – Starting in a lunge position, kick your back leg forward and then take it back into a lunge again before you jump switch to repeat on the next side.
Modification: If you need a break from the jumps, after you complete the kick go back into a lunge and then switch sides.
- **Hammer curls** – Standing with your feet hip distance apart and your knees slightly bent, keep your elbows beside your rib cage while you bring both hands up towards your armpit like you're going to stick your thumbs in your armpits. With hammer curls your palms are facing each other, not out front!

Take 1 minute off before you continue the same cycle below with the two exercises listed

Set 2

- **Side to side squats** – Starting with your feet together, your butt dropped down low and your back nice and flat (shoulders retracted) alternate stepping your feet out to each side to sink into an even lower squat. This means the whole time you'll be in a low squat!
Modification: If you feel any lower back discomfort during this instead of staying low the whole time I would like you to stand up straight when your feet are together and then drop your bum when you squat off to the side.
- **Bent over back rows, 10 each side** – With the weight in the right hand, drop your left hand or elbow on top of your left knee and then bend forward and take your right leg far behind you so you can back row that puppy up! Repeat the same thing on the next side.

Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.

Get sweaty!
ashley dale grant