



Royally Fit: Irish AMRAP Jig

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First off all – I start with tons of enthusiasm and by the end stretch I am just zonked with basically no energy left. However later that day I was a bubble of energy – and that’s how you’re going to feel! Let’s rock this 17 minute AMRAP St. Patrick’s Day inspired jig with only a 2 minute warm up so this will all be over in 19 minutes. Hopefully you’ll have as much belly sweat as I do! I rocked out 7 ¼ reps be sure to let me know how amazing you ladies do in the comments!

What you will need:

- Just your sexy self + 1 pot of gold (AKA 1heavy weight or your Ugi) + Paper and Pen

Warm-Up:

- Jumping Rope + Squat and Kick Back + Side Reach

Workout: 17 Minute AMRAP - Complete 17 reps of each move and once you have completed the whole set mark that down as 1 rep. Keep going until the timer is up!

- **Leprechaun Jumps** – Start with your feet hip distance apart and squat low. Jump up as high as you can and touch your toes together. When you land come back to two feet and land low in your squat so you are gentle on your knees.
Modification: If you can't jump this you will still squat but instead of the jump when you start bring one foot up and touch to your knee. Alternate legs with each rep.
- **Over The Rainbow With Gold** – Grab your weight and bring it to your right hip. Swing it up and over your head in a rainbow arc and bring it down to your left hip. Be sure to keep your abs nice and tight to secure your core. You have to arch each way for 1 rep.
- **Leprechaun Jig**– These are just like alternating skaters. Bring your left foot behind you and all the way over to the right side as possible. You will then jump or step over to the left side bringing your right foot back all the way across your left side. Complete each side for 1.
Modification: If the angle lunge bothers your knees switch to straight back lunges.
- **Rainbow Plank** – Get into high plank with your hands right under your shoulders and arch your foot from the right side to the middle then your left foot from the middle to the left. Bring your left leg back to the middle in an arch and then your right from the middle to the right side. This is 1 rep. You are basically making a rainbow with each foot in each direction to count it as 1 rep.

Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.