



Royally Fit: 20 Minute Ugi AMRAP Workout

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I love AMRAP workouts (as many reps as possible) to really challenge yourself, because you track your sets and see if you get do even better in a couple weeks. With that being said....let's give it all you've got ladies!!

What you will need:

- Ugi – but not necessary

Warm-Up:

- 3 minutes of jump rope

Workout: Complete each of the exercises for 20 reps each, finishing as many sets as you can within 17 minutes.

- **Weighted squat jump** – Holding the ball with both hands, touch it down towards the ground, and then lift it up towards the ceiling (about head level) using your core and your arms, keeping your back nice and straight, ensuring your pushing up with your legs.
Modification: Squat with 'kettlebell' swing.
- **Skull crushers, right** – Using the weights, jump OR walk out into a plank position, then while here, complete 2 alternating plank jumps to the hands. Following this you're going to jump OR walk your feet back in, before you come up out of your squat position to standing. It is vitally important that you have great posture while doing this, so make sure you look forward, squeeze your shoulder blades together and keep those abs tight. Always push up through the heels, so you're not putting the weight into your knees.
- **Skull crushers, left** – Same as above on the other side.
- **Abdominal extension with alternating leg extensions** – Hold the weight above your chest with both hands, then lift your legs with bent knees, so they are directly over top of your hips. From here, extend the weight over your head until your biceps come beside your ears, and at the same time you're going to alternate extending one leg out in front of you. Really watch your breath here!!
Modification: If this bothers your lower back, keep your legs lifted and bent above your hips, and then move the arms.
- **Back extensions** – Lying on your stomach, with your arms crossed at the forearms, and your head resting on top, inhale as your raise your chest off the ground for a gentle back extension, and then exhale as you come down.

Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.

Make today badass!
Ashley Dale Grant