



Royally Fit: 26 Minute AMRAP Workout

A great strength workout to work off some of those pool side drinks! Remember when you use weights, you burn calories for up to 48 hours after your workout. Woohooo!!!

What you will need:

- Weights (heavy & light if you have the options)

Warm-Up:

- 2 minutes of various workouts

Workout: AMRAP – as many reps possible! Do the first 2 exercises for 10 reps each, for as many sets as you can for 2 minutes – minute off – 3 minutes – minute off – and then 4 minutes – minute off. Following this, you will follow up with the next set of two exercises with the same format.

- **Single side clean & press – 10 per side** – With one weight in your hand, and the opposite hand behind your back, complete 1 squat, slightly going off to the opposite foot and then bring it up for a hammer curl and then shoulder press. Complete this for 10 reps before you switch sides.
- **Alternating lunges with triceps kick backs – 10 reps**– With one weight in each hand, step back into a lunge while at the same time doing triceps kickbacks with your arms. Keep the inside of your biceps tight towards your body, and then really kick the weights back to feel the back of your arm.

**Do the above two exercises back and forth for 10 reps each as many times as you can in the format above. After the first 12 minutes, follow it up with the exercises below the same way!

- **Jump squats OR weighted squats – 10 reps** - Jump up as high as you can, and then low as low as you can so you're gentle on those knees! Make these explosive to really get the cardio going! If you prefer not to jump today, use the weights instead to add some intensity to the workout.
- **Staggered push ups – 10 reps - Alternate each set with mountain climbers – 10 per side** - With one hand in front of your shoulder, and the opposite hand behind your shoulder, do a push up, switch the hand position, and then do another push up. Repeat this for 10 total! On the next set, keep those shoulders directly overtop of your hands while you do some mountain climbers!

Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.

Make today badass!
Ashley Dale Grant