

# the 10 minutes of fire

## AMRAP workout

AMRAP stands for As Many Rounds As Possible, and that's what you'll do in a 10 minute time span. That's right - 10 minutes - that's it. But the short workout means you need to give it an all-out effort and try to squeeze in as many rounds as you can, so don't think you won't get sweaty!

Start and finish with a 400m run or row, and prior to doing any of this, be sure to do some stretching and light warming up to prepare your muscles for action.

### **easy 400m run or row**



#### **10 minute AMRAP:**

**40 uneven walking dumbbell lunges**

**30 kettlebell swings**

**20 wall balls**

**10 box jumps**



**400m sprint run or row with whatever energy you have left!**