**Group AMRAP Challenge**

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| **Team Members:** | **Period/Day:** |
| **Date:** |
| **Workout Requirements:**   * Number of Group Members: 3 or 4 * Equipment: Select 1 from the following – Medicine Ball, Sandbell, Resistance Bands * Number of Exercises: 4 (may include one body weight exercise). * Exercises: Must include at least one exercise each for upper body, core, and lower body. * Number of Reps: Group decision. * Workout Directions: * The group will complete the workout together. * We will complete this workout 3 times this week. * Your group must increase one aspect of your workout each time we complete the workout. | |
| **Workout Plan: Fill in the following about your group’s workout.** | |
| What is your equipment? | |
| **Exercise #1:** | **# Of Reps:** |
| **Exercise #2:** | **# Of Reps:** |
| **Exercise #3:** | **# Of Reps:** |
| **Exercise #4:** | **# Of Reps:** |
| **Workout Results: Record the results from each day’s workouts.** | |
| **Day 1:** How many AMRAPS did each member complete? |  |
| **Day 2:** What change did your group make with today’s workout? |  |
| **Day 2:** How many AMRAPS did each member complete? |  |
| **Day 3:** What change did your group make with today’s workout? |  |
| **Day 3:** How many AMRAPS did each member complete? |  |
| **Workout Reflection: Describe this week’s workouts using the FITT Principle:** | |
| What was the Frequency of your workouts? |  |
| What was the Intensity of your workouts? |  |
| What was the Time of your workouts? |  |
| What was the Type of your workouts? |  |