**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.
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| **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?  |  |