Great at home workout!

8 minute AMRAP
AMRAP= As many repetitions as possible
14 Squats
10 Push-ups
6 Jumping jacks
- Try and complete all these exercises in 8 minutes
- Takes breaks as needed within the 8 min allotted time

Movement Review:
A. Squat (Air Squat)
   - Weight in your heels
   - Chest is upright
   - Set your hips back and down
   - Knees trace over your toes
B. Push-up
   - High plank - wrists under shoulders, shoulders, hips and heels in a straight line
   - Lower body (keeping shoulders, hips and ankles in a straight line) to the ground with elbows by your sides
   - Push your body back up to high plank
*Modifications - 1. Put knees on the floor and perform push-up, 2. Place hands on an elevated surface and perform push-up.
C. Jumping Jack
   - Hands by side, feet together
   - Jump feet out further than shoulder width
   - Straight arms move up above head
*Modification (no jumping) - Step left leg out while raising arms, followed by stepping right foot out while raising arms.

Work out brought to you by:

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