**Fitness Workouts:**

1. **AMRAP**

8 Minutes

1 Round= Sprint 100 M, 5 Burpees, 10 Frog Leg Sit-ups

Students will record amount of rounds completed

1. **Death by Burpees**

10 Minutes  
The students must complete a full burpee and increase by one with each minute. For example, 1 minute= 1 burpee, 2 minutes= 2 burpees, etc.  
Students will record what minute they stopped

1. **Tabata Squats**

8 Rounds

20 seconds on 10 seconds rest

Students will record number of squats

1. **Tabata Push-ups**

8 Rounds

20 seconds on 10 seconds rest

Students will record number of push-ups

1. **Run/Squats**

5 Rounds

Run 1 minute, and then squat for 1 minute

Students will record number of squats

1. **Jumps/Push-ups**

5 Rounds for Time

Ten vertical jumps (frog jumps), then 10 push-ups

Students will record time of completion

1. **Big 5**

3 Rounds

10 Burpees, 10 Frog Leg sit ups, 10 Squats, 10 Tuck Jumps, 10 Push-ups

Students will record time of completion

**HOW ATHLETES WILL KEEP THEIR SCORES:**

**\**On a notecard***

**ATHLETE’S NAME**

A B C D E F G

**Scores for G**

**Scores for F**

**Scores for E**

**Scores for D**

**Scores for C**

**Scores for B**

**Scores for A**