AMRAP
(AS MANY ROUNDS AS POSSIBLE)

12 PUSH UPS

20 SKIER JUMPS 20 ARM CIRCLES

15 TRICEP DIPS

20 VERTICAL JUMPS

JOG 3 LAPS

NAVY BLUE WORKOUT

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AMRAP
(AS MANY ROUNDS AS POSSIBLE)

10 DIPS

10 LUNGES

10 STRADDLE JUMPS

15 CURL-UPS

SKIP 2 LAPS

WALL-SIT 20 SEC.

CANDY RED WORKOUT

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