



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BODY SCULPT

AMRAP's 6 Minutes

AMRAP(As Many Rounds as Possible):

- . 10 Rep's Each Side for 6 minutes**
- . 1-Minute Break Between Sets**

Warm-Up

1)Ball—Chest Flies & Chest Press

**2)Bands—Squat w/lateral raise (ankle band) &
Lat Pulldowns (long band)**

3)Dumbbells—Squats & Plank Rows

4)Dumbbells—Wall Sit w/Bicep Curl & One Leg Deadlift

5)Bodyweight—20 In/Outs & 10 Push Ups

Cool Down & Stretch