



► mama reset ◄

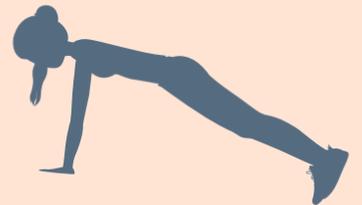
CARDIO BOOSTER

Full Body AMRAP

AMRAP = "As many rounds as possible," but we also like to say "As many rounds as pretty" because good form is more important than number of reps. Always. Set a timer for 15 min. Complete 10 reps of each exercise in order. Rest only as needed. Continue repeating for 15 min. Breathe throughout!

1 HALF KNEELING GET-UP

Begin in half-kneel, 1 foot forward, 1 knee down on mat. Exhale, drive up through front leg/glute, step together. Step other leg back to kneel. Alternate.



2 OVERHEAD PRESS JUMPING JACK

Grip 2 cans at shoulder height, palms in. Perform tap-out or jumping jack, pressing cans overhead + exhaling on each tap/jump out.

3 SUMO SQUAT + HALO

Grip cans together in front of face, elbows high to sides, Feet wide, toes + knees out. Squat, exhale up, rotate cans around neck. Alternate direction.

4 PLANK CROSSOVER TAP

Assume plank, hands on wall, step (hard) or floor (harder), feet a bit wide. Exhale, tap opposite shoulder. Hips still. Alternate.



5 ISOMETRIC LUNGE + REAR FLYE

Assume lunge, back knee low. Hinge slightly over front leg + hold. Grip cans, exhale fly arms back to T-shape, then together. Keep torso still. 10/leg.