

CORE CONDITIONING AMRAP

AS MANY ROUNDS AS POSSIBLE

LEAN REBOOT WORKOUT © LEANRESET.COM

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

COMPLETE EXERCISES IN ORDER. REPEAT ENTIRE CIRCUIT AS MANY TIMES AS POSSIBLE IN 20 MINUTES

1



10 WALK HANDS OUT TO HIGH PLANK, THEN WALK HANDS BACK TO STANDING

2



10 SHOULDER TAP SIDE PLANK RIGHT
10 SHOULDER TAP SIDE PLANK LEFT

3



15 V-UPS

4



BOAT POSE HOLD FOR 10 DEEP BREATHS

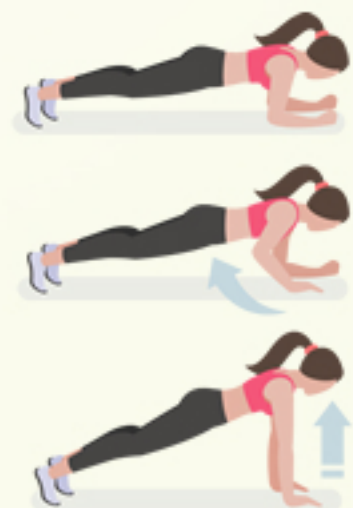
5



10 PUSH-UPS

MODIFICATION: DO THEM ON KNEES IF NECESSARY

6



20 WALKING PLANKS