



# AMRAP

(AS MANY ROUNDS AS POSSIBLE)



20  
SKIER  
JUMPS

12 PUSH  
UPS



20  
ARM CIRCLES

R  
E  
P  
E  
A  
T



15 TRICEP  
DIPS

20 VERTICAL  
JUMPS



JOG  
3 LAPS



NAVY BLUE WORKOUT

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