

**WEEK** 16  
**GOAL TRAINING** FIT AND HEALTH FULLBODY  
**TRAINING METHODS** AMRAP



## **AMRAP - TIME CAP 12 MINUTES**

**FOLLOWED ORDER 22/20/18/16/14/12/10/8 REPS**

- \* JUMPING JACKS**
- \* SQUATS**
- \* FLOOR TOUCH AND JUMP** (deadlift posture)
- \* LEG RAISES**

**HOW MANY REPS CAN YOU MAKE IN FOLLOWD ORDER IN 12 MINUTES?**

**(Send answer to PT-HAARLEM)**

**-check video info before start and do a proper warm-up before you start the workout of the wee**

