

15 Minute AMRAP

Equipment: A heavy dumbbell or kettlebell

The Workout:

- Start with a 5-10 minute warm-up.
- Complete as many circuits as possible of the exercises below in 15 minutes
(AMRAP = as many rounds as possible)

The Exercises:

- Goblet Squat x 15
- Pop Squat x 15
- Push - Up x 15
- Bent-Over Back Rows x 15
- Skater Hop x 30