

WEEK 4: STRONG LIKE BULL

# STRENGTH AMRAP



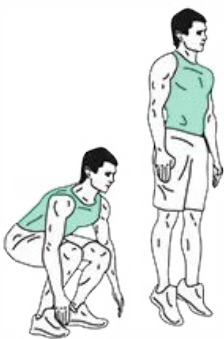
Get ready to work your full body! AMRAP means as many rounds as possible. See how many rounds of 5 reps x 4 exercises you can do in 5 minutes! Take a break and try again to beat your score! Choose Champion, Warrior, or Super Hero to repeat the series.



Tuck Jumps



Crab Dips



Jump Squats



Push Ups

- 1 Complete [School of Strength Warm Up](#)
- 2 As many rounds as possible in 5 minutes:
- 3 5 Tuck Jumps
- 4 5 Crab Dips
- 5 5 Jump Squats
- 6 5 Push Ups
- 7 Repeat the 4 exercises as many times as you can in 5 minutes. Take breaks whenever you need. Record your score!
- 8 2 minutes rest & drink some water!
- 9 Champion: Repeat 1 more time  
Warrior: Repeat 2 more times  
Super Hero: Repeat 3 more times



Good Work!  
Time to Cool Down



Good Work! Take a Break &  
Go for 1 More Round!



Good Work! Take a Break  
& Keep Going!

