



## Weight-Lifting for Performance AMRAP Workout

(as many rounds and reps as possible in 30 minutes)

**Complete Between 1 & 4 Circuits (or as many rounds as possible in 30 minutes),  
Rest Between Exercises as Needed, but the Idea is to GO, GO, GO!**

Begin with a dynamic warm-up before completing this workout.

Exercise	Suggested Reps	Weight Used	Reps You did
DB Deadlifts	30		
DB In Place Lunges	25		
Lateral Burpees over DB	20		
Box/Bench Dips	15		
Devil Presses	10		

Time to Complete:

Circuits Completed:

As a finisher we suggest you go for a short jog then

**Stretch it Out!**