

## 40-MINUTE AMRAP

### Equipment Needed: Workout Mat

Grab your mat and make your way down the list of exercises working at your own pace! In between each exercise you'll complete 5 burpees. Once you've completed the list, take a quick break and then start back from the top again. Put this on repeat for 40 minutes.

**Duration:** 40 minutes

### Workout:

- 50 High Knees
- 40 Shoulder taps
- 30 Mat Shuffles
- 20 Lateral Jacks
- 10 Squat Jumps
- 8 Push-ups to Pike
- 6 Star Jumps
- 4 Mat Bear Crawls

*Don't forget to add your 5 burpees after each exercise!*