

#4WMAMFC2016

4 WOCHEN MINI AND ME FITNESS CHALLENGE

DAY	WODs	WEEK I	WEEK II	WEEK III	WEEK IV
I	10" AMRAP 15 Squats 10 Burpees 5 Dips				
2	10" AMRAP 15 Donkey Kicks 15 Fire Hydrants 15 Kettlebell Swings 15 Kettlebell Deadlifts				
3	10" AMRAP 10 Burpees 15 Butterfly-Ups 20 Squats 25 Russian Twists				
4	FOR TIME 50 Jumping Jacks 50 Kettlebell Swings 50 Sit-Ups 50 Squats				
5	4 ROUNDS FOR TIME 1:00 ME No Push Up Burpees 1:00 ME Stationary Lunges 1:00 ME Plank Hold 1:00 Pause				