



**FAIRLAWNS  
GYM**

# ***MAY GYM CHALLENGE***

## **5 MINUTE AMRAP BLAST**

INCREASE OVERALL DAILY CALORIE BURN AND BOOST ENDURANCE WITH OUR HIGH INTENSITY AMRAP WORKOUT CHALLENGE

- 10 BURPEES OR 10 SQUAT + KNEE RAISES**
- 10 MOUNTAIN CLIMBERS OR 10 OPPOSITE ELBOW TO KNEE STANDING**
- 10 PUSHUPS OR 10 WALL/ KNEELING PUSHUPS**
- 10 SQUAT JUMPS OR 10 SQUATS/HALF SQUATS**

COMPLETE AS MANY ROUNDS AS POSSIBLE IN 5 MINUTES!