**Workouts of the Week: Week 1 and 2**

**Easy:** (Based on 30 seconds on 1 minute rest)

* Jogging on the spot
* Star jumps
* Plank
* Walking Step ups (use stairs)
* Criss-Cross
* Body weight squats
* 5 + press-ups

Rest for 5 minutes and then aim to repeat.

**Hard:**

(AMRAP – As Many Repetitions As Possible – in 10 minutes)

1 repetition = 5 press-ups + 10 Sit-ups + 15 Body weight squats.

Aim for 10 + sets (Good Luck)

**The Ultimate Challenge**



The Fat Amy Workout – Inspired by the film Pitch Perfect and adapted by the cross-fit community this work out is not for the faint hearted and should not be attempted unless you possess a very good level of fitness.

The Workout – Done for time, no rest breaks if possible.

* Getting half way is a very good achievement.
* Completing it without a significant break is exceptional.
* A time of less than 12 minutes and you should seriously consider joining the Avengers!

**THE FAT AMY WORKOUT!**

* 50 Body weight squats
* 10 Burpees
* 40 Sit-ups
* 10 Burpees
* 30 Lunges
* 10 Burpees
* 20 Star-jumps
* 10 Burpees
* 10 Press-ups
* 10 Burpees
* 20 Star-jumps
* 10 Burpees
* 30 Lunges
* 10 Burpees
* 40 Sit-ups
* 10 Burpess
* 50 Body weight squats

Good luck … you will need it for this one.