

REASSESSMENT WORKOUT

- Today's workout is the same workout as the one from week 1, so you can compare your results today to your results from 8 weeks ago. How far did you come?
- Utilize your participant packet to keep track of how many reps of each exercise you could complete, how long you could hold your plank, and how quickly you ran 1 mile today.
- Don't finish the 60day without setting a new goal. What's your next goal or finish line?

Exercise		Reps	Sets	Rest	Results
Squat		AMRAP in 30 sec	2	90 sec	<u>Set 1</u> <u>Set 2</u>
Push-Up		AMRAP in 30 sec	2	90 sec	<u>Set 1</u> <u>Set 2</u>
Lunge		AMRAP in 30 sec	2	90 sec	<u>Set 1</u> <u>Set 2</u>
Sit-Up		AMRAP in 30 sec	2	90 sec	<u>Set 1</u> <u>Set 2</u>
Triceps-Dip		AMRAP in 30 sec	2	90 sec	<u>Set 1</u> <u>Set 2</u>
Plank		Hold to fatigue	2	90 sec	<u>Set 1</u> <u>Set 2</u>
Pull-up		AMRAP in 30 sec	2	90 sec	<u>Set 1</u> <u>Set 2</u>
Cardio	Treadmill at 1% incline	1 mile	1	90 sec	

