Wear the Eagle Workout
April 5, 2020

1 round, 3x 5 minute AMRAPS, 2 minute rest between each round

Minutes 0-5; 5 DB front squats, 5 Burpees, 25 double-unders

Minutes 5 - 7 rest

Minutes 7-12; 5 DB push press, 5 Burpees, 25 double-unders

Minutes 12 - 14 rest

Minute 14-19; 3 DB deadlifts, 5 Burpees, 25 double-unders

For 5 minutes complete as many rounds and reps as possible of each group of exercises. If you do not have a dumbbell you can use a weighted backpack. If you’re unable to perform double-unders, modify with single jumps. If you do not have a jump rope, modify with a line jump or skaters!

#EagleUp and check-in when complete!