



BlackJack AMRAP Workout

Reps: 21-16-8-16-21 (reverse pyramid)
AMRAP 21 minutes

dead-rows
squats
jumping jacks
push-ups
mountain climbers (reps each side)
Jump lunges (reps total)

Rest 1 min after 21 reps,
rest 30 sec after 16 & 8 reps