Day 14 workout

15:00

AMRAP: As many rounds as possible

Push ups — 10 per round

Kneeling push ups if you can't do push ups

Back extensions — 15 per round

Wrist curls — 12 per round

5 kg dumbbell

Russian twist — 30 per round

5 kg dumbbell, knees pulled in, twist side to side

Equipment 5 kg dumbbell