

# 25 BEST AMRAP WORKOUTS LIST

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Check out [article](#) for more info

## 1. Cindy

- 5 Pull Ups
- 10 Push Ups
- 15 Squats
- Duration: 20 minutes

## 2. Nate

- 2 Muscle-ups
- 4 Handstand Push-ups
- 8 Kettlebell swings
- Duration: 30 minutes

## 3. McGhee

- 5 Deadlifts with 275 lbs
- 13 Push-ups
- 9 Box jumps
- Duration: 30 minutes

## 4. Johnson

- 9 Deadlift with 245 lbs
- 8 Muscle-ups
- 9 Squat clean with 155-pound lbs
- Duration: 20 minutes

## 5. Mary

- 5 Handstand Push-ups
- 10 Pistol Squats
- 15 Pull-ups
- Duration: 20 minutes

## 6. The Chief

- AMRAP in 3 minutes
- 3 Power Cleans (135/95 lbs)
- 6 Push-Ups
- 9 Air Squats
- Repeat 5 times

### **7. The Incredible Hulk**

- 5 Deadlifts with 75-115 lbs
- 5 Hang Power Cleans with 75-115 lbs
- 5 Front Squats with 75-115 lbs
- 5 Push Press with 75-115 lbs
- 5 Back Squat with 75-115 lbs
- Duration: 20 minutes

### **8. The Ghost**

- 1 minute of Rowing
- 1 minute of Burpees
- 1 minute of Double-Unders
- 1 minute Rest
- Duration: 23 minutes

### **9. Jack**

- 10 Push Presses with 85-115 lbs
- 10 Kettlebell Swings
- 10 Box Jumps
- Duration: 20 minutes

### **10. Phantom**

- Do AMRAP in 30 minutes with a partner
- 1 mile Run (together)
- Then, AMRAP in the remaining time of:
- 27 Push-Ups
- 20 Deadlifts (315/205 lb)

### **11. Artie**

- 5 Pull-Ups
- 10 Push-Ups

- 15 Squats
  - 5 Pull-Ups
  - 10 Thrusters with 65-95 lbs
  - Duration: 20 minutes
- 12. Marston**
- 1 Deadlift with 285-405 lbs
  - 10 Toes-to-Bar
  - 15 Bar Facing Burpees
  - Duration: 20 minutes
- 13. Rankel**
- 6 Deadlifts with 155-225 lbs
  - 7 Burpee Pull-Ups
  - 10 Kettlebell Swings (2/1.5 pood)
  - 200 meters Run
  - Duration: 20 minutes
- 14. Laura**
- Do AMRAP in 21 minutes with a partner:
  - 30 calorie Row
  - 20 Burpees Over Rower
  - 10 Power Cleans (155/105 lb)
- 15. Zimmerman**
- 11 Chest-to-Bar Pull-Ups
  - 2 Deadlifts with 205-315 lbs
  - 10 Handstand Push-ups
  - Duration: 25 minutes
- 16. Raho**
- Do AMRAP in 12 minutes:
  - 12 Box Jumps 20-24 inches
  - 6 Thrusters with 65-95 lbs
  - 6 Bar Facing Burpees
- 17. Oscar**
- 9 Devil Presses (2×40/25 lb)

- 20 Alternating Dumbbell Lunges (2×40/25 lb)
- 9 Dumbbell Push Presses (2×40/25 lb)
- 20 Sit-Ups
- Duration: 23 minutes

**18. Heidi**

- 23 Air Squats
- 23 Push-Ups
- 23 Kettlebell Swings with 16-24 kg KB
- 23 Jumping Lunges
- 23 Sit-Ups
- 23 Box Jumps on 20-24 20 inches box
- Duration: 23 minutes

**19. Runyan**

- 21 Bar Over Burpees
- 7 Deadlifts with 1.5x of your body weight
- 10 Pull-Ups
- Duration: 24 minutes

**20. Jenkins**

- Do AMRAP in 40 minutes with a partner:
- 50 Burpees
- 400 meter Run
- 50 Kettlebell Swings with 16-24 kg KB
- 400 meter Run
- 50 Pull-Ups
- 400 meter Run
- 50 Push-Ups
- 400 meter Run

**21. Dork**

- 33 calorie Row
- 15 Deadlifts with 155-255 lbs
- 4 Rope Climbs
- Duration: 20 minutes

- 22. Jenny**
- 20 Overhead Squats with 45 lbs
  - 20 Back Squats with 45 lbs bar
  - 400 meter Run
  - Duration: 20 minutes
- 23. Armistice**
- 11 Power Cleans with 95-135 lbs
  - 11 Burpees Over the Bar
  - 19 Deadlifts with 95-135 lbs
  - 18 Pull-Ups
  - Duration: 11 minutes
- 24. Tyrant 22**
- 22 Deadlifts 275/185 lb)
  - 22 Wall Ball Shots (20/14 lb)
  - 22 Toes-to-Bars
  - 22 Hand Release Push-Ups
  - Duration: 22 minutes
- 25. Havana**
- 150 Double-Unders
  - 50 Push-Ups
  - 15 Power Cleans with 125-185 lbs
  - Duration: 25 minutes

## **Related Workouts:**

1. [30 Best Functional Dumbbell Exercises to Scale Your Fitness](#)
2. [20 Best Functional Upper Body Exercises with PDF](#)
3. [The Ultimate List of Functional Exercises with PDF](#)
4. [15 Best Kettlebell Functional Exercises and WOD with PDF](#)
5. [Ultimate 6-Week High-Intensity Functional Training with PDF](#)

## 6. 4 Day Functional Training Plan to Get Strong with PDF