RankTime

FREE PRINTABLE · 4 PAGES

WORKOUTS · PACING · SCORE LOG

AMRAP Workouts

What AMRAP means, how long to go, how to pace it, five workouts to try and a score log to beat.

2 AMRAP on one page

3 Five AMRAPs and your score log

4 Train it with RankTime



Download on the App Store

From the free guide at ranktime.app/guides/amrap-workout/
Made by RankTime, the workout timer that counts your reps.

AS MANY REPS AS POSSIBLE

How AMRAP works

Pick a time limit and a short list of exercises, each with a set number of reps. Work through the list, start again at the top, and keep going until the time is up.

PART	HOW IT WORKS
Time limit	Fixed, usually 5 to 20 minutes
Rest	Whenever you need it, but the clock keeps running
Score	Rounds plus extra reps, like 12 rounds + 7 reps

FORMAT	WHAT IS FIXED
AMRAP	The time. The work is open, every rest costs reps.
EMOM	The work, at the top of every minute.
Tabata	Both: 20 s work, 10 s rest, 8 rounds.

The one exercise version, as many reps as you can of one movement in a set time, is how many fitness tests work.

How long?

- **5 to 8 minutes:** a sprint. Fast, simple moves, push from the start.
- **10 to 20 minutes:** the classic. Hard, but steady enough for good form.
- **Over 20 minutes:** endurance. A pace you could hold for twice as long.

How to pace it

- **Start slower than you want to.**
- **Break sets early,** like 10 push-ups as 6 and 4.
- **Keep moving** between exercises.
- **Count only full reps.**
- **Write it down** and repeat it in 4 to 8 weeks.

WORKOUTS TO TRY

Five AMRAPs

20 MINUTES

Cindy

5 pull-ups, 10 push-ups, 15 air squats. The best known AMRAP there is.

Best _____

2 MINUTES

Push-up test

As many push-ups as you can in one non-stop set. Rest in plank or on your knees, the clock keeps going.

Best _____

10 MINUTES

Burpees and jacks

10 burpees, 20 jumping jacks. Short, simple, hard.

Best _____

12 MINUTES

Legs and core

20 lunges, 15 squats, 10 sit-ups.

Best _____

15 MINUTES

Kettlebell

15 kettlebell swings, 10 push-ups, 15 squats.

Best _____

YOUR OWN

_____

Time limit _____ Exercises

_____

Best _____

My score log

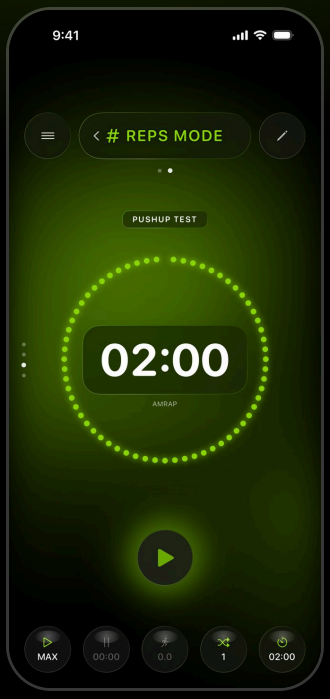
DATE	WORKOUT	ROUNDS + REPS	SCALED?	NOTES

RankTime

TRAIN IT WITH RANKTIME

Do an AMRAP with RankTime

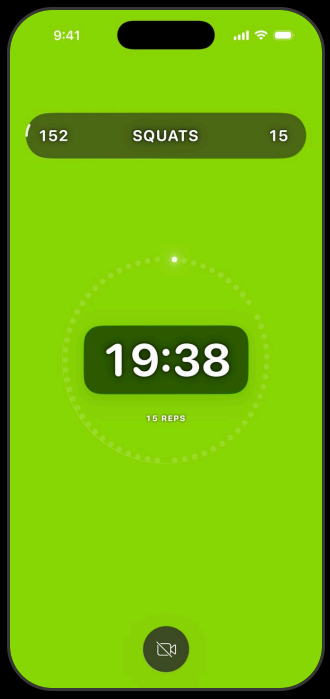
In RankTime an AMRAP is a REPS workout that ends on time. CINDY and the PUSHUP TEST come ready, and the camera counts every rep.



The PUSHUP TEST: one MAX set, 2:00.



CINDY: 20:00, AMRAP under the clock.



The clock counts down, the camera counts.

1. Swipe sideways to REPS, then up or down to CINDY or the PUSHUP TEST.
2. Your own: tap the last circle, then Time, and set 1 to 60 minutes.
3. Pick up to 3 exercises: 14 are counted by the camera.
4. Press play. When the time runs out, every rep goes to your rank.

- ✓ The camera counts your reps on the phone itself. Nothing is uploaded.
- ✓ Timers built in: AMRAP, EMOM, Tabata, ladders, and GPS runs before or after.
- ✓ A military rank for every exercise, from Private at rep one to General of the Armies.

Download on the App Store

Scan to get RankTime
on your iPhone