



# PeakStreak2020

## SESSION 1

- OPTION 1**  
20-Minute  
EMOM\*
- OPTION 2**  
20 Minutes of  
Walk/Jog/Run
- OPTION 3**  
20 Minutes of  
Any Hobby

## SESSION 2

- OPTION 1**  
20-Minute  
EMOM\*
- OPTION 2**  
20 Minutes of  
Walk/Jog/Run
- OPTION 3**  
20 Minutes of  
Any Hobby

## SESSION 3

- OPTION 1**  
20-Minute  
EMOM\*
- OPTION 2**  
20 Minutes of  
Walk/Jog/Run
- OPTION 3**  
20 Minutes of  
Any Hobby

## SESSION 4

- OPTION 1**  
20-Minute  
EMOM\*
- OPTION 2**  
20 Minutes of  
Walk/Jog/Run
- OPTION 3**  
20 Minutes of  
Any Hobby

## SESSION 5

- OPTION 1**  
20-Minute  
EMOM\*
- OPTION 2**  
20 Minutes of  
Walk/Jog/Run
- OPTION 3**  
20 Minutes of  
Any Hobby

## SESSION 6

- OPTION 1**  
20-Minute  
EMOM\*
- OPTION 2**  
20 Minutes of  
Walk/Jog/Run
- OPTION 3**  
20 Minutes of  
Any Hobby

## SESSION 7

- OPTION 1**  
20-Minute  
EMOM\*
- OPTION 2**  
20 Minutes of  
Walk/Jog/Run
- OPTION 3**  
20 Minutes of  
Any Hobby

## SESSION 8

- OPTION 1**  
20-Minute  
EMOM\*
- OPTION 2**  
20 Minutes of  
Walk/Jog/Run
- OPTION 3**  
20 Minutes of  
Any Hobby

## SESSION 9

- OPTION 1**  
20-Minute  
EMOM\*
- OPTION 2**  
20 Minutes of  
Walk/Jog/Run
- OPTION 3**  
20 Minutes of  
Any Hobby

## SESSION 10

- OPTION 1**  
20-Minute  
EMOM\*
- OPTION 2**  
20 Minutes of  
Walk/Jog/Run
- OPTION 3**  
20 Minutes of  
Any Hobby

## SESSION 11

- OPTION 1**  
20-Minute  
AMRAP\*
- OPTION 2**  
20 Minutes of  
Walk/Jog/Run
- OPTION 3**  
20 Minutes of  
Any Hobby

## SESSION 12

- OPTION 1**  
20-Minute  
AMRAP\*
- OPTION 2**  
20 Minutes of  
Walk/Jog/Run
- OPTION 3**  
20 Minutes of  
Any Hobby

## SESSION 13

- OPTION 1**  
20-Minute  
AMRAP\*
- OPTION 2**  
20 Minutes of  
Walk/Jog/Run
- OPTION 3**  
20 Minutes of  
Any Hobby

## SESSION 14

- OPTION 1**  
20-Minute  
AMRAP\*
- OPTION 2**  
20 Minutes of  
Walk/Jog/Run
- OPTION 3**  
20 Minutes of  
Any Hobby

## SESSION 15

- OPTION 1**  
20-Minute  
AMRAP\*
- OPTION 2**  
20 Minutes of  
Walk/Jog/Run
- OPTION 3**  
20 Minutes of  
Any Hobby

## SESSION 16

- OPTION 1**  
20-Minute  
AMRAP\*
- OPTION 2**  
20 Minutes of  
Walk/Jog/Run
- OPTION 3**  
20 Minutes of  
Any Hobby

## SESSION 17

- OPTION 1**  
20-Minute  
AMRAP\*
- OPTION 2**  
20 Minutes of  
Walk/Jog/Run
- OPTION 3**  
20 Minutes of  
Hobby

## SESSION 18

- OPTION 1**  
20-Minute  
AMRAP\*
- OPTION 2**  
20 Minutes of  
Walk/Jog/Run
- OPTION 3**  
20 Minutes of  
Any Hobby

## SESSION 19

- OPTION 1**  
20-Minute  
AMRAP\*
- OPTION 2**  
20 Minutes of  
Walk/Jog/Run
- OPTION 3**  
20 Minutes of  
Any Hobby

## SESSION 20

- OPTION 1**  
20-Minute  
AMRAP\*
- OPTION 2**  
20 Minutes of  
Walk/Jog/Run
- OPTION 3**  
20 Minutes of  
Any Hobby

\* Find the EMOM (Every Minute on the Minute) and AMRAP (As Many Rounds As Possible) workouts on the next page!



# PeakStreak2020

## OPTION 1 WORKOUTS

*Be sure to perform an appropriate warm-up and cool-down when doing these workouts!*

### SESSION 1

20-Minute EMOM  
Minute 1: 50 seconds of body-weight squats  
Minute 2: 50 seconds of push-ups

### SESSION 2

20-Minute EMOM  
Minute 1: 50 seconds of lunges  
Minute 2: 50 seconds of two-touch sit-ups

### SESSION 3

20-Minute EMOM  
Minute 1: 50 seconds of mountain climbers  
Minute 2: 50 seconds of forearm plank

### SESSION 4

20-Minute EMOM  
Minute 1: 50 seconds of burpees  
Minute 2: 50 seconds of V-ups

### SESSION 5

20-Minute EMOM  
Minute 1: 50 seconds of box jumps (or total body extensions)  
Minute 2: 50 seconds of explosive step-ups

### SESSION 6

20-Minute EMOM  
Minute 1: 50 seconds of deadlifts  
Minute 2: 50 seconds of overhead presses

### SESSION 7

20-Minute EMOM  
Minute 1: 50 seconds of thrusters  
Minute 2: 50 seconds of pull-ups

### SESSION 8

20-Minute EMOM  
Minute 1: 50 seconds of plate ground to overheads  
Minute 2: 50 seconds of plate hops

### SESSION 9

20-Minute EMOM  
Minute 1: 50 seconds of any cardio option  
Minute 2: 50 seconds of forearm plank

### SESSION 10

20-Minute EMOM  
Minute 1: 50 seconds of kettlebell swings  
Minute 2: 50 seconds of T push-ups

### SESSION 11

20-Minute AMRAP  
10 bodyweight squats  
10 push-ups  
10 alternating lunges (5 per leg)  
10 two-touch sit-ups

### SESSION 12

20-Minute AMRAP  
10 calories on any cardio option  
10 box jumps (or total body extensions)  
10 calories on a different cardio option  
10 alternating step-ups (5 per leg)

### SESSION 13

20-Minute AMRAP  
5 pull-ups (or 10 inverted rows)  
10 push-ups  
15 bodyweight squats  
20 two-touch sit-ups

### SESSION 14

20-Minute AMRAP  
20 rounds of:  
30 seconds of hard cardio  
30 seconds of easy cardio

### SESSION 15

20-Minute AMRAP  
5 burpees  
10 calories on any cardio option  
15 V-ups  
20 jump rope turns

### SESSION 16

20-Minute AMRAP  
10 dumbbell push presses  
10 inverted rows  
10 push-ups  
10 biceps curls

### SESSION 17

20-Minute AMRAP  
10 bodyweight squats  
10 alternating lunges (5 per leg)  
10 step-ups (5 per leg)  
30 seconds of wall sit

### SESSION 18

20-Minute AMRAP  
10 inverted rows  
20 box jumps (or total body extensions)  
30 kettlebell swings  
40 mountain climbers  
50 jump rope turns

### SESSION 19

20-Minute AMRAP  
10 burpees  
10 calories on any cardio option

### SESSION 20

20-Minute AMRAP  
5 pull-ups  
10 renegade rows  
15 goblet squats  
20 box jumps (or total body extensions)

