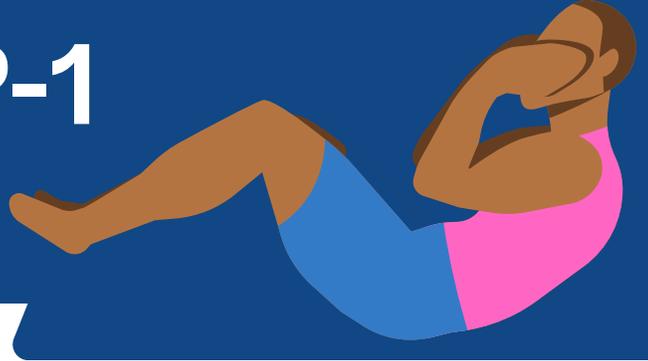


# Functional Fit

## AMRAP FOR GLP-1 PATIENTS



### AMRAP FOR GLP-1 PATIENTS

#### As Many Rounds As Possible

Here at Asher Medical, we understand the unique challenges faced by patients on GLP-1 medications, including concerns like muscle loss and maintaining overall fitness. That's why we've tailored our AMRAP to help you build and preserve muscle while improving your endurance, all within the context of your medical weight loss journey.

AMRAP, which stands for As Many Rounds (or reps) As Possible, is a high-intensity workout designed to maximize your results in a short period of time. In a set amount of time, you'll push yourself to complete as many rounds as possible. This not only helps with muscle retention—a key focus for GLP-1 patients—but also improves cardiovascular health and conditioning.

One of the greatest benefits of an AMRAP workout is its efficiency. As long as you push yourself during the allotted time, you can see significant improvements in muscle preservation and endurance.

Another reason AMRAP is so effective is that it allows you to track your progress over time. Each session, challenge yourself to complete just one more rep or round, helping you steadily improve and stay on track with your fitness goals while benefiting from your GLP-1 prescription.

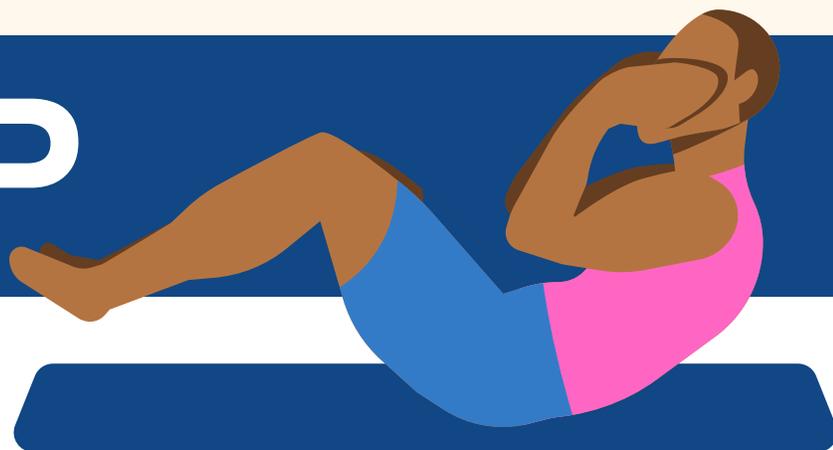
At Asher Medical, we believe in empowering you to make the most of your wellness journey, and our NAME OF PROGRAM is designed to support you every step of the way.



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# Functional Fit

## AMRAP



### HOW To Do This AMRAP Workout:

- Decide your level and how long your AMRAP will be. Beginners = 5 mins, Inter = 8 mins, Adv = 10 mins
- There are 5 exercises in each round ... perform 8 reps of each ...
- And keep going for your specified time - blasting out As Many Rounds as Possible!
- Track your score!
- Repeat for 3 sets!! Can you beat your score each time?

A great weekly calendar to follow is:

Mon <b>Pull</b>	Tues <b>Push</b>	Wed Active Recovery	Thurs <b>Core</b>	Fri <b>Skills</b>	Sat Active Recovery	Sun Rest
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Tracking:

We've also included tracking sheets to jot down your notes with each workout. We believe that tracking is KEY to success. Tracking shows progress. Tracking shows improvement. Tracking shows getting stronger with each and every workout. We encourage you to use these sheets every time you do a workout. Then look back on them and see how far you've come.

Everything you need to rock these workouts is included - but the best part - you've got ME! I'm here as your coach every step of the way. My door is always open - reach out anytime!



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# AMRAP: PULL

[▶ Watch the PULL Workout Video](#)

## Hinge & Row

Hinge forward into a deadlift - pressing your hips back. Then pull your glutes to tuck back under & stand up. Next, pull up into an upright row - lifting your elbows above your shoulders. Press your arms back down, then hinge forward to the next rep.



## Hammer Curls

Holding dumbbells, with your palms facing inward, curl your arms up towards your shoulders then lower back down - with control. Keep your elbows pinned below your shoulders the whole time.



## Renegade Rows

From high plank, row 1 arm up, brushing your elbow along your side, then control the hand back down. Repeat other arm. Work to keep your upper body still, facing the ground - no wobbling as you transfer your weight.



## Bicep Curls

Holding dumbbells, with your palms facing forward, curl your arms up towards your shoulders then lower back down - with control. Keep your elbows pinned below your shoulders the whole time.



## High Low Jacks

Start in a high plank position - then lower to your elbows, jump or step your feet out & back in - then press back up into high plank & jump or step feet out & in again. Repeat.



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# AMRAP: PULL

 [Watch the PULL Workout Video](#)

DATE:	Set 1	Set 2	Set3
Hinge & Row			
Hammer Curls			
Renegade Rows			
Bicep Curls			
High Low Jacks			
# of ROUNDS:			
Time per set			

DATE:	Set 1	Set 2	Set3
Hinge & Row			
Hammer Curls			
Renegade Rows			
Bicep Curls			
High Low Jacks			
# of ROUNDS:			
Time per set			

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Hinge & Row			
Hammer Curls			
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DATE:	Set 1	Set 2	Set3
Hinge & Row			
Hammer Curls			
Renegade Rows			
Bicep Curls			
High Low Jacks			
# of ROUNDS:			
Time per set			



# AMRAP: PUSH

[▶ Watch the PUSH Workout Video](#)

## Lateral Raise

Lift your arms to the side until they are parallel with the floor - then control back down. Keep your shoulders down, and a slight bend in your elbows.



## Triceps Extension

Holding a weight over head, bend at the elbows to lower the weight down just past parallel to the floor, then squeeze to straighten your arms, lifting the weight back up. Work to keep your elbows directly over your shoulders.



## Push Ups

With your body in a plank, bend at your elbows and press back up.

Be sure to lead the movement with your chest, and from your neck to your heels should all travel together in a plank.



## Goblet Squat

With a weight held by your chest (like a goblet), bend your knees to squat down. Then squeeze from the glutes, pressing through your heels to stand back up.



## Burpees

From standing, squat down reaching for the ground .. jump or step back to plank ... step or jump back to squat ... then stand up again. Make this burpee yours! Add in a push up, a jump up top, whatever feels good to you.



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# AMRAP: PUSH

 [Watch the PUSH Workout Video](#)

DATE:	Set 1	Set 2	Set3
Lateral Raise			
Goblet Squats			
Push Ups			
Triceps Extension			
Burpees			
# of ROUNDS:			
Time per set			

DATE:	Set 1	Set 2	Set3
Lateral Raise			
Goblet Squats			
Push Ups			
Triceps Extension			
Burpees			
# of ROUNDS:			
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DATE:	Set 1	Set 2	Set3
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# of ROUNDS:			
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# AMRAP: CORE

[▶ Watch the CORE Workout Video](#)

## Bicycle

As 1 knee pulls in, the other foot extends out, while twisting your upper body.

Keep alternating sides.

We're working in opposition here - 1 knee pulls into your nose, the other elongates away, reaching almost to the ground. Then switch.



## Switch Kick Punches

Kick 1 leg up while the other leg extends down. Reach & punch the opposite arm to top leg. Control the leg down and switch. Keep your lower back pressing into the ground, bracing your core.



## Plank Jacks

From high plank position, with your shoulders over your wrists, eye gaze ahead and hands, and a nice straight line from your head to heels ... open & close your feet like a 'jack'. You can jump or step this move.



## Heel Reaches



From a crunch position, with your arms by your side palms up ... reach your pinky to your heel on one side, then on the other. Think about crunching from your armpit to your hip. Stay up in the crunch the whole time with your shoulders off the ground.

## Hip Dips

From a low plank position, rotate to dip your hips side to side. Have your feet shoulder width apart and use your feet to help guide you side to side.

As you dip side to side, be sure to keep your hips tucked under, and use the power from your core to perform the move.



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# AMRAP: CORE

 [Watch the CORE Workout Video](#)

DATE:	Set 1	Set 2	Set3
Bicycle			
Switch Kick Punches			
Plank Jacks			
Heel Reaches			
Hip Dips			
# of ROUNDS:			
Time per set			

DATE:	Set 1	Set 2	Set3
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Switch Kick Punches			
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Switch Kick Punches			
Plank Jacks			
Heel Reaches			
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# of ROUNDS:			
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# AMRAP: SKILLS

 [Watch the SKILLS Workout Video](#)

## Squat Jacks

Jump out into a deep wide squat reaching down, then jump back together reaching up. Keep your chest lifted as you use your legs to reach down to the ground. Booty back - knees never go forward past your toes.



## Sumo Twists



From a wide sumo squat stance, jump rotating your lower body. Then jump back to center and repeat other side. Ensure the rotation is coming from the lower body - keep the shoulders and upper body facing forward the whole time. Stay low in the sumo squat the whole time.

## Goblet Curtsey



Holding 1 dumbbell by your chest like a goblet, place 1 foot across and behind the other and 'curtsey' down. Step back to center and repeat with the other foot.

## Split Squat Press

With your legs in a lunge stance and weights by your shoulders, bend your knees to lower down as you press weights over head. Lower the weights as you raise back up.



## Hinge & Hop

Hinge forward on 1 leg, extending out into a tabletop - with 1 leg reaching back and your arms reaching forward. Pull back in and hop up!



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# AMRAP: SKILLS

 [Watch the SKILLS Workout Video](#)

DATE:	Set 1	Set 2	Set3
Squat Jacks			
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Split Squat Press			
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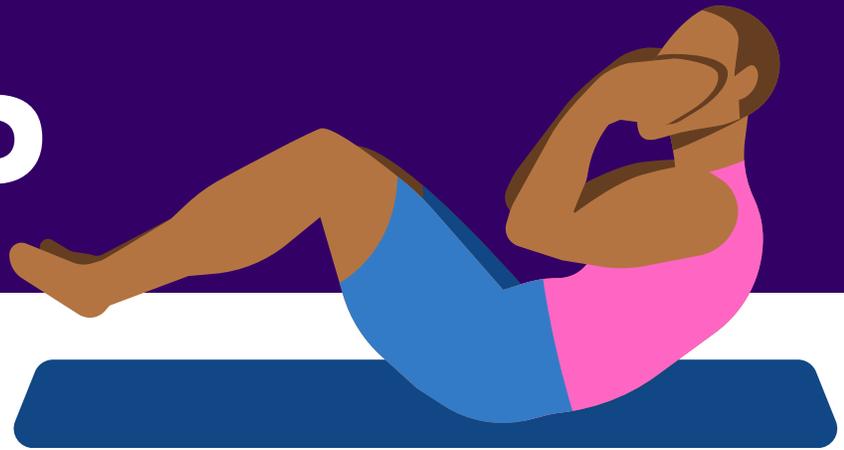
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# Functional Fit

## AMRAP



**Do not attempt these exercises if you have a history of chest pain, knee, ankle, wrist, shoulder, joint, or spinal (neck or back) problems or injury. If you feel you are exercising beyond your current abilities, or if you feel discomfort, pain, dizziness, or nausea, you should discontinue exercising immediately.**

**You are responsible for exercising within your limits and assume all risk of injury to your person or property. Consult your medical professional before attempting these exercises and follow his or her advice.**

