

# BOOTCAMP

## DAY 1 WORKOUT



### BODYWEIGHT

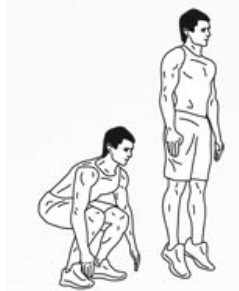


13 MIN AMRAP	12 MIN AMRAP	10 MIN AMRAP
60 sec cardio (run, jumping jacks, squat jumps, burpees)	60 sec cardio (run, jumping jacks, squat jumps, burpees)	20 Seconds Wall Sit
10 to 1 Pushups	16 Walking Lunges	20 Jumping Jacks
10 to 1 Y Raises	8 Squat Jumps	20 Air Squats
16 Chair Step Ups (8 each)	8 Air Deadlifts	20 Calf Raises (pause at top)
***Y Raise—hold water bottles	8 Knee Tucks	
16 sec side plank each side		

**Y RAISE**



**SQUAT JUMP**



**WALL SIT**



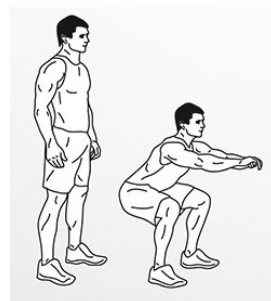
**STEP UPS**



**KNEE TUCKS**



**AIR SQUAT**



# BOOTCAMP

## DAY 2 WORKOUT

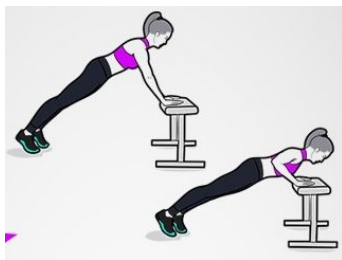


### BODYWEIGHT

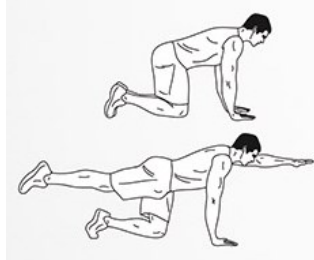


14 MIN AMRAP	10 MIN AMRAP	4 MIN CORE/CHEST
2 min cardio (run, jumping jacks, squat jumps, burpees)	***10,8,6,4,2 reps for all	15 Seconds High Plank
8 Incline Pushups	Bird Dog (each side)	5 Pushups
8 Each Split Squat	Single Leg Sit to Stand (each)	10 Supermans
8 Glute Bridge	Air Squat	4 Pushups
16 Russian Twists (each touch 1)	Burpee or Double Jumping Jacks	15 Seconds Low Plank (elbows)
**Split Squat stay in split stance	Chair Dips	3 Pushups

**INCLINE PUSHUP**



**BIRD DOG**



**HIGH PLANK**



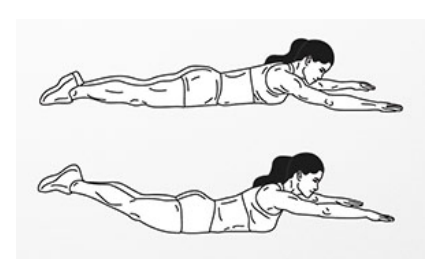
**GLUTE BRIDGE**



**SIT TO STAND**



**SUPERMANS**



# BOOTCAMP

## DAY 3 WORKOUT



### BODYWEIGHT



12 MIN AMRAP	12 MIN AMRAP	3 MIN EMOM x 3
60 seconds cardio	60 seconds cardio	
14 Single Leg RDL (SL Deadlift)	30 seconds each Grip Carry	Perform each for 1 minute
14 Air Squats	20 seconds superman hold	1st Minute: Squat Jump or Squat
14 Push Jumping Jacks	8 Inchworms + Optional Pushup	2nd Minute: JJ or Steam Engines
**Push Press use legs to drive	8 each reverse lunges	3rd Minute: Run/Jog/Walk
**Push Jacks use can/bottle	***Grip carry idea: Use books!	4th Minute: Rest

**SINGLE LEG RDL**



**GRIP CARRY**



**SQUAT JUMP**



**PUSH JACKS**



**INCHWORMS**



**STEAM ENGINES**

