

# BOOTCAMP

## DAY 1 WORKOUT



### BODYWEIGHT



13 MIN AMRAP	12 MIN AMRAP	FOR TIME
45 sec cardio (run, jumping jacks, squat jumps, burpees)	30 sec cardio (run, jumping jacks, squat jumps, burpees)	30-25-20-15-10-5
8 Inchworms to High Plank	10 each leg elevated glute bridge	Plank Jacks
8 Squat Plus Knee Raise	10 steps hamstring death march	Quick Jumps (like jump rope)
8 second low squat hold	20 bent over rows (cans)	Home Item Push Out (chest)
16 overhead triceps extension	20 second superman hold	Home Item Push Up (shoulders)
16 crunches slow		Home Item Row (back)

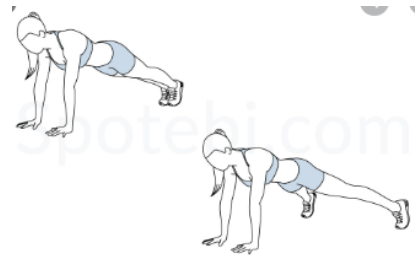
**INCHWORMS**



**ELEVATED GLUTE**



**PLANK JACKS**



**SQUAT HOLD**



**DEATH MARCH**



**PUSH OUT**



# BOOTCAMP

## DAY 2 WORKOUT

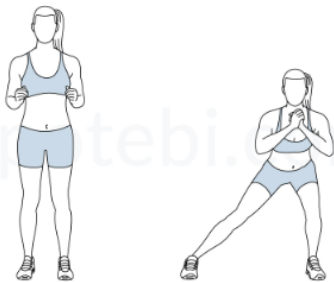


### BODYWEIGHT



13 MIN AMRAP	10 MIN AMRAP	4 MIN EMOM x3
25 High Knees	30 Weighted Jumping Jacks	Minute 1: Lunges
5 Squat Jumps	20 Squats (home item)	Minute 2: Chair Dips
5 each lateral lunges	20 Deadlifts (home item)	Minute 3: Knee Tucks
10 Incline or Decline Pushups	5 each side single arm thruster	Minute 4: Reverse Fly
10 each Side Plank Hip Dips	5 each side single leg RDL	Perform each exercise for 1 min
5 Burpees or Half Burpees	***Use house item for thruster	Do 3 rounds

**LATERAL LUNGE**



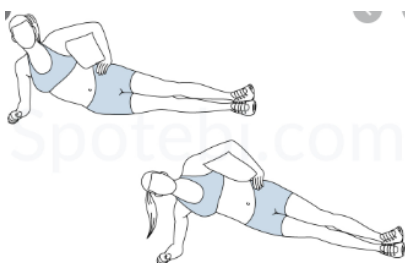
**WEIGHTED JACK**



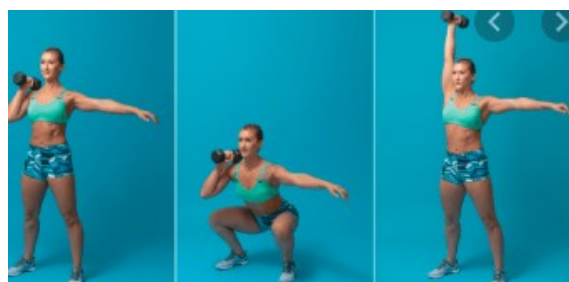
**KNEE TUCKS**



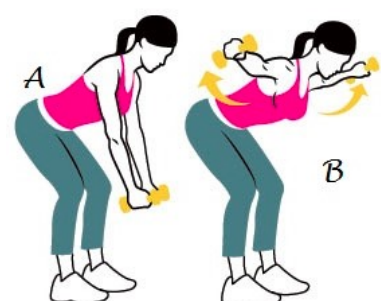
**SIDE PLANK HIP DIP**



**SA THRUSTER**



**REVERSE FLY**



# BOOTCAMP

## DAY 3 WORKOUT

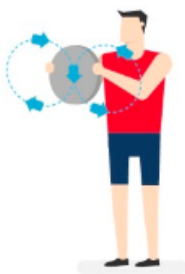


### BODYWEIGHT



12 MIN AMRAP	12 MIN AMRAP	TABATA (30/10)x4
45 seconds cardio	5 Inchworms to Low Plank	Squat Jumps
10 each way home item 8's	5 each leg lunge jump or lunge	Air Squat
10 each arm single arm arnold	10 each leg donkey kick	Quick Jumps (jump rope)
30 Steam Engines Slow	10 dead bugs	Step Ups
10 pushups	10 can hammer curls	***30 sec on/10 sec off
10 Lying Toe Touches (legs up)	***neutral grip on hammer	Do 4 times through of 30/10

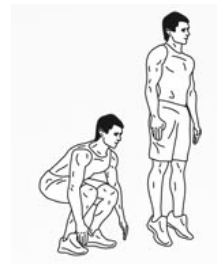
**HOME ITEM 8's**



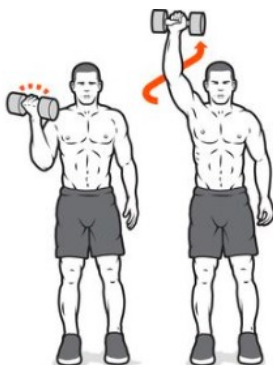
**DONKEY KICK**



**SQUAT JUMPS**



**SINGLE ARM ARNOLD**



**DEAD BUGS**



**STEP UPS**

