

BOOTCAMP

DAY 1 WORKOUT



HOME WORKOUT

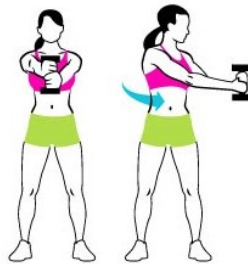


13 MIN AMRAP	12 MIN AMRAP	FOR TIME
60 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	20 JJ or 20 Steam Engines	Reps: 2/4/6/8/10/12/14/16
20 T Raises	12 Straight Arm Twists	Air Squats or Squat Jumps
20 Ground to Overhead	12 each leg Reverse Lunges	High Plank Leg Raises (each leg counts as 1)
20 Supermans	12 Book Rows	Laundry Detergent Swings
20 Backpack Squats	20 Mountain Climbers Fast	
***GTO Any house item		***Do 2 reps, then 4,6,8 etc to 16

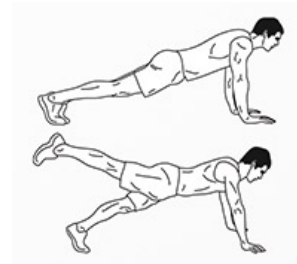
T RAISES



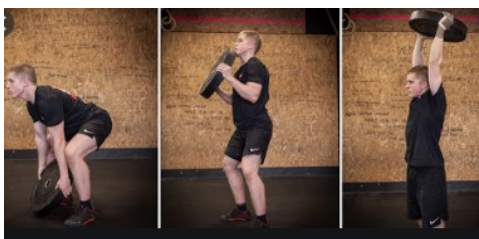
STRAIGHT ARM TWIST



HP LEG RAISES



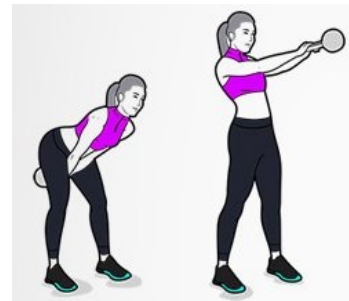
GROUND TO OH



BOOK ROW



DETERGENT SWINGS



BOOTCAMP

DAY 2 WORKOUT



HOME WORKOUT

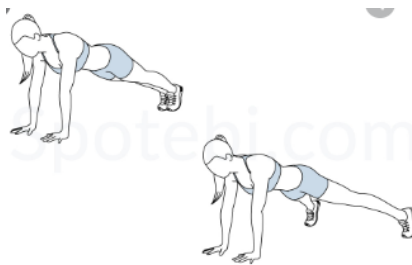


13 MIN AMRAP	10 MIN AMRAP	TABATA (20/10)x4
45 Sec Cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	20 Sec Superman	Quick Jumps
20 Overhead Tricep Extension	20 Sec Plank Jacks	Single Leg RDL Left Leg
18 Bent Over Row (Cans)	20 Slow Crunches	Inchworms
16 Home Item Shoulder Press	10 Deadlift	Single Leg RDL Right Leg
14 Each Leg Elev. Glute Bridge	10 Squats Plus Knee Lift	***20 sec on/10 sec off
Do 4 times through of 20/10		

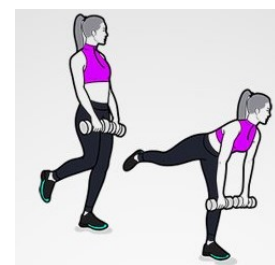
BENT OVER ROW



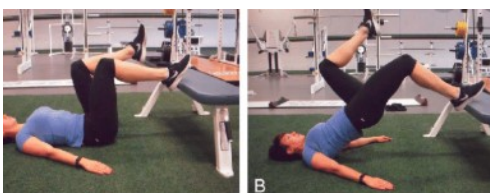
PLANK JACKS



SINGLE LEG RDL



ELEV. GLUTE BRIDGE



SQUAT KNEE LIFT



INCHWORMS



BOOTCAMP

DAY 3 WORKOUT

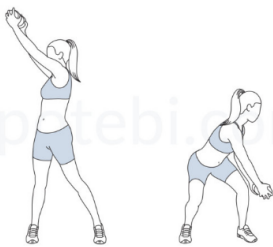


HOME WORKOUT



12 MIN AMRAP	12 MIN AMRAP	10 MIN AMRAP
30 Seconds Cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	30 High Knee + 30 Butt Kicks	15 Can Bicep Curls
12 Each Side Low High Chop	10 Slow Air Squats	15 Incline Pushups
12 Each Leg Chair Step Ups	10 Broom Overhead Squat	15 Push Jumping Jacks
12 Slow Air Deadlifts	10 Broom Deadlifts	15 Each Split Squat Thruster
10 Wall Angels		
***Angels try to keep arms in contact with wall		Extra Credit: 30 Burpees

LOW HIGH CHOP



OVERHEAD SQUAT



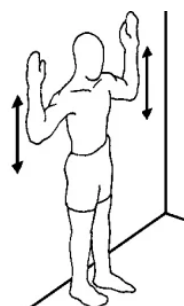
PUSH JACKS



STEP UPS



WALL ANGELS



SPLIT THRUSTER

