

# BOOTCAMP

## DAY 1 WORKOUT



### HOME WORKOUT

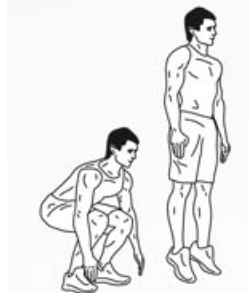


13 MIN AMRAP	12 MIN AMRAP	10 MIN AMRAP
60 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	60 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	20 Seconds Wall Sit
10 to 1 Pushups	16 Walking Lunges	20 Jumping Jacks
10 to 1 Y Raises	8 Squat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

**Y RAISE**



**SQUAT JUMP**



**WALL SIT**



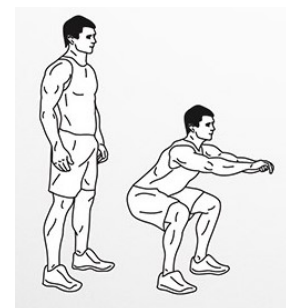
**STEP UPS**



**KNEE TUCKS**



**AIR SQUAT**



# BOOTCAMP

## DAY 2 WORKOUT

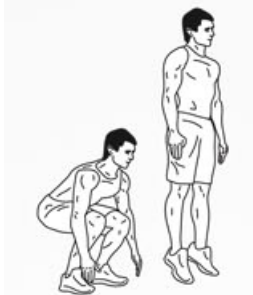


### HOME WORKOUT



13 MIN AMRAP	10 MIN AMRAP	TABATA (20/10)x4
2 min Cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	30 High Knees	AB Bicycles Slow
8 Squat Jumps	30 Butt Kicks	Low Plank (Elbows)
8 Deadlift Jumps	4 Each Way Staggered Pushup	AB Bicycles Fast
8 ea Single Leg Glute Bridge	16 Book Front Raise	High Plank
16 Air Squat	8 Each Single Arm Row	***20 sec on/10 sec off
16 Air Deadlift	***Home Item for Row	Do 4 times through of 20/10

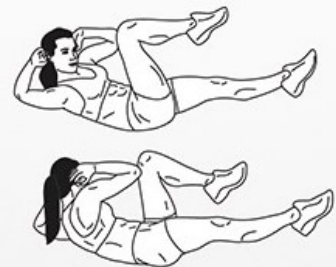
#### SQUAT JUMP



#### STAGGERED PUSHUP



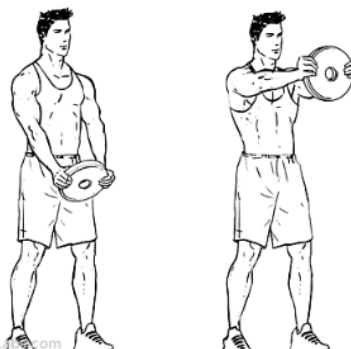
#### AB BICYCLES



#### SINGLE LEG GLUTE



#### FRONT RAISE



#### HIGH PLANK



# BOOTCAMP

## DAY 3 WORKOUT

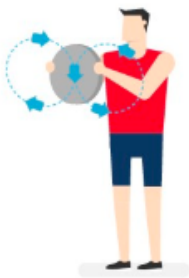


### HOME WORKOUT



12 MIN AMRAP	12 MIN AMRAP	TABATA (30/10)x4
45 Seconds Cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	5 Inchworms to Low Plank	Quick Jumps (Jump Rope)
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

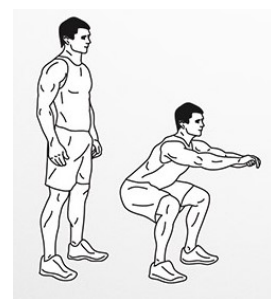
#### HOME ITEM 8's



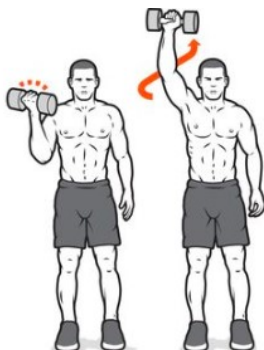
#### DONKEY KICK



#### AIR SQUAT



#### SINGLE ARM ARNOLD



#### DEAD BUGS



#### STEP UPS

