

BOOTCAMP

DAY 1 WORKOUT



HOME WORKOUT

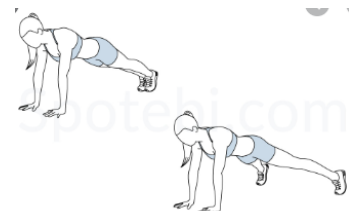


13 MIN AMRAP	12 MIN AMRAP	FOR TIME
45 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	30 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	30-25-20-15-10-5 reps
8 Inchworms to High Plank	10 Each Leg Elev Glute Bridge	Plank Jacks
8 Squat Plus Knee Raise	10 Steps Hamstring Death March	Quick Jumps (like jump rope)
8 Second Low Squat Hold	20 Bent Over Rows (cans or broom)	Home Item Push Out (chest)
16 Overhead Triceps Extension	20 Second Superman Hold	Home Item Push Up (Shoulders)
16 Slow Crunches		Home Item Row (Back)

INCHWORMS

ELEVATED GLUTE

PLANK JACKS



SQUAT HOLD

DEATH MARCH

PUSH OUT



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DAY 2 WORKOUT

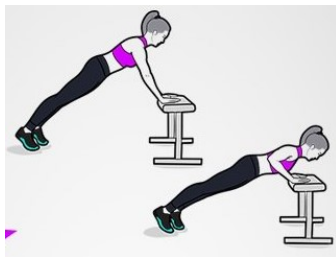


HOME WORKOUT

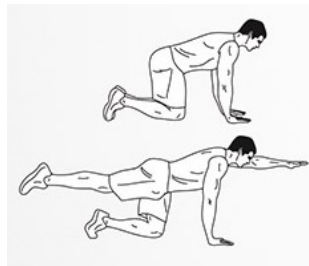


14 MIN AMRAP	10 MIN AMRAP	4 MIN CORE/CHEST
2 min Cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	***10,8,6,4,2 reps for all	15 Seconds High Plank
8 Incline Pushups	Bird Dog (each side)	5 Pushups
8 Each Split Squat	Single Leg Sit to Stand (each)	10 Supermans
8 Glute Bridge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

INCLINE PUSHUP



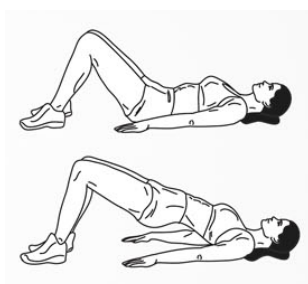
BIRD DOG



HIGH PLANK



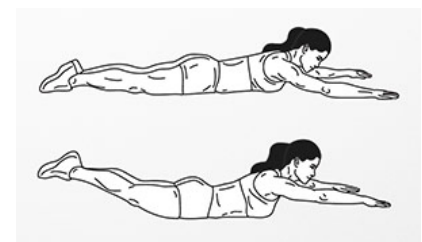
GLUTE BRIDGE



SIT TO STAND



SUPERMANS



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DAY 3 WORKOUT



HOME WORKOUT

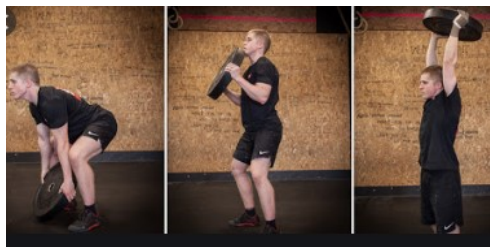


12 MIN AMRAP	12 MIN AMRAP	10 MIN AMRAP
45 Seconds Cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	5 Burpee, 15 JJ, or 30 High Knee	30 Mountain Climbers Fast
20 T Raises	10 Ground to Overhead	30 Quick Jumps (like jump rope)
20 Supermans	10 Book Row	15 Ea Rear Foot Elev. Split Squat
20 JJ or Steam Engines	10 Backpack Squats	30 Broom Deadlifts
20 Straight Arm Twist	10 Each Backpack Lunges	15 Laundry Detergent KB Swings
***GTO Any House Item		

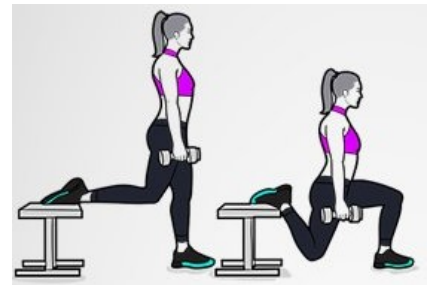
T RAISES



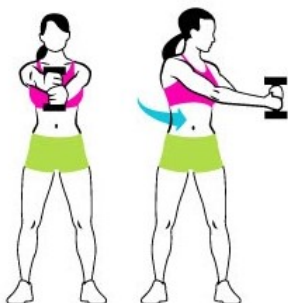
GROUND TO OH



RFE Split Squat



STRAIGHT ARM TWIST



BOOK ROW



DETERGENT SWINGS

