

# BOOTCAMP

## DAY 1 WORKOUT

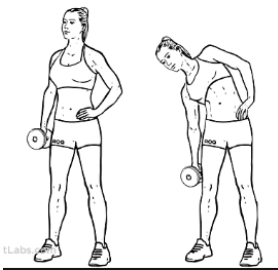


### HOME WORKOUT

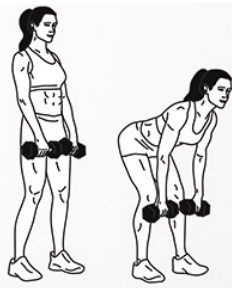


13 MIN AMRAP	6 MIN DBL AMRAP	STATIONS (3x)
60 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	60 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	Each Station 60 sec
14 Detergent Side Bends	10 Air Squats	30 Sec Rest in between each station
14 Each Arm Single Arm Row	10 Air Deadlifts	Station 1: Can Thrusters
14 Each Arm Single Arm Press	10 Good Mornings	Station 2: Pushups
14 Sec Front Hold (both arms)	Rest 2 Min and Repeat!	Station 3: Low Plank
		Station 4: Jumping Jacks

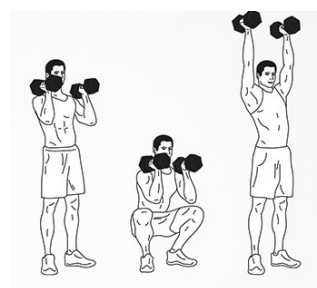
#### SIDE BENDS



#### DEADLIFTS



#### THRUSTERS



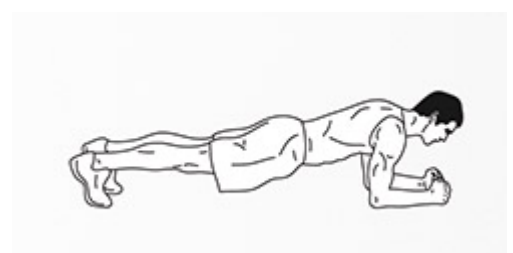
#### SINGLE ARM ROW



#### GOOD MORNINGS



#### LOW PLANK



# BOOTCAMP

## DAY 2 WORKOUT



### HOME WORKOUT



14 MIN AMRAP	10 MIN AMRAP	5 MIN AMRAP
90 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	30 Seconds Quick Jumps	12 High Plank Shoulder Taps
5 Pushups to Down Dog	10 Cossack Squats	12 Side to Side Lateral Jumps
5 Each Leg Reverse Lunges	10 Glute Bridges	3 Burpees or Half Burpees
5 Squat Jumps	10 Chair Dips	
10 Detergent Swings	10 T Raises	

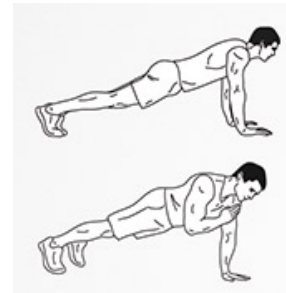
**PUSHUP DOWN DOG**



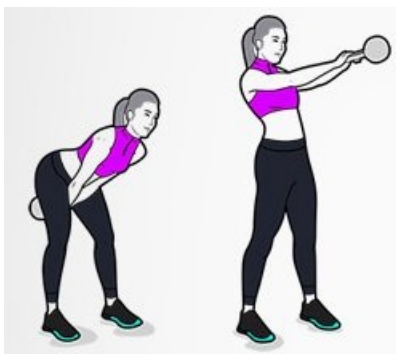
**COSSACK SQUAT**



**HIGH PLANK TAPS**



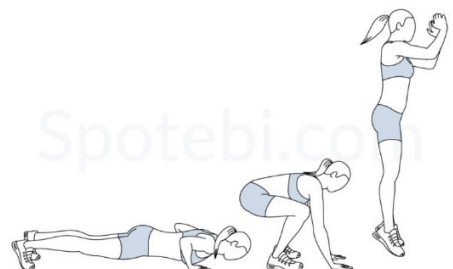
**DETERGENT SWINGS**



**T RAISES**



**BURPEES**



# BOOTCAMP

## DAY 3 WORKOUT

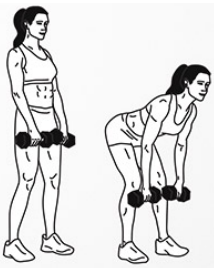


### HOME WORKOUT

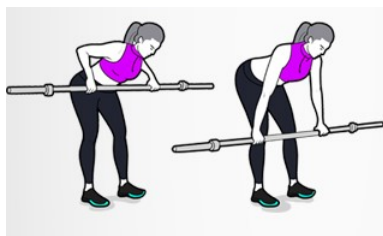


12 MIN AMRAP	12 MIN AMRAP	TABATA 8x(20/10)
60 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	25 Jumping Jacks	Flutter
8 Slow Air Squat (4 sec lower)	20 Broom Row	Ab Bicycles
8 each step ups w/knee drive	15 Broom Shoulder Press	Crunches
8 Slow Deadlift (4 sec lower)	10 Broom Bicep Curl	Heel Taps
8 each Single Leg RDL	5 Pushups	***20 Sec on/10 Sec off
Do 8 rounds (twice through ea)		

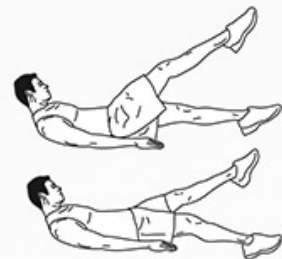
#### DEADLIFT



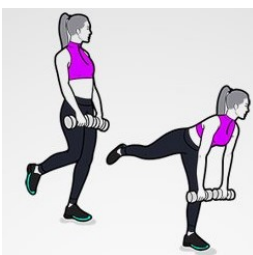
#### BROOM ROW



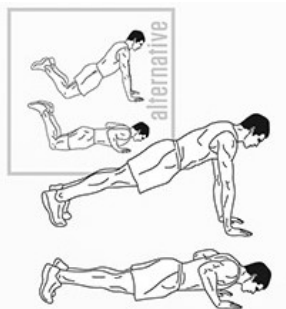
#### FLUTTERS



#### SINGLE LEG RDL



#### PUSHUPS



#### HEEL TAPS

