

# BOOTCAMP

## DAY 1 WORKOUT

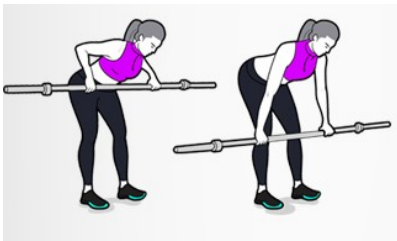


### HOME WORKOUT

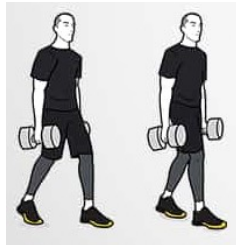


13 MIN AMRAP	12 MIN AMRAP	10 MIN AMRAP
20 Jumping Jacks + 20 High Knees	40 Steps Farmer Carry	10 to 1 Pushups
15 Brooms Rows	Quick Pace Up & Down Stairs x2	10 to 1 Can/Suitcase Row
15 Ea Single Leg Calf Raises	10 Chair Dips	10 to 1 Lunges
15 Broom Bicep Curls	10 Air Squats w/1 sec hold at bottom	10 to 1 Air Squat or Squat Jump
15 Deadlifts	20 Sec Elbow Plank Hold	***10 reps, 9, 8, 7, etc to 1

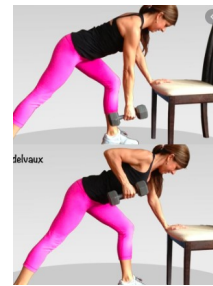
**BROOM ROW**



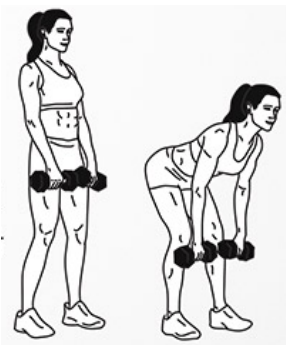
**FARMER CARRY**



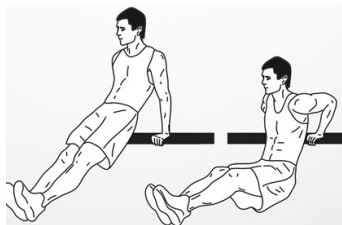
**ROW**



**DEADLIFT**



**CHAIR DIPS**



**SQUAT JUMP**



# BOOTCAMP

## DAY 2 WORKOUT

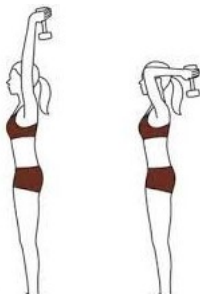


### HOME WORKOUT

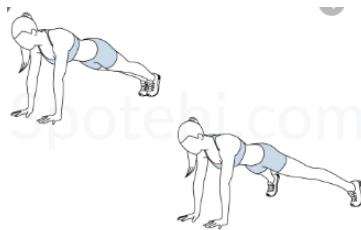


13 MIN AMRAP	10 MIN AMRAP	TABATA (20/10)x4
45 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	20 Sec Superman	Quick Jumps
20 Overhead Tricep Ext	20 Sec Plank Jacks	Single Leg RDL Left Leg
16 Bent Over Row (Cans)	20 Slow Crunches	Inchworms
16 Home Item Shoulder Press	10 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

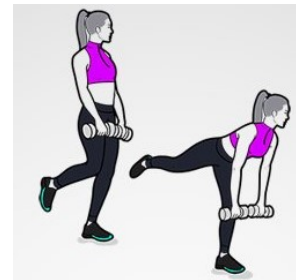
**TRICEP EXTENSION**



**PLANK JACKS**



**SINGLE LEG RDL**



**SINGLE LEG GLUTE**



**SQUAT KNEE LIFT**



**INCHWORMS**



# BOOTCAMP

## DAY 3 WORKOUT



### HOME WORKOUT

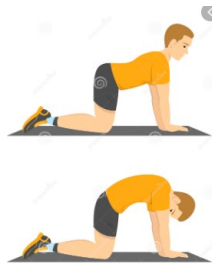


12 MIN AMRAP	12 MIN AMRAP	CHIPPER FOR TIME
30 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	10 Cat/Cow	40-30-20-10
12 Switch Bicep Curls (can)	10 Bird Dog	Reverse Lunges (total steps)
12 Each Arm Home Item Row	10 Sec Child's Pose	Plank (in seconds)
12 Each Arm Snatch (can/water)	10 Pushups	Air Squat or Air Deadlift
12 Arm Circles Each Way	10 Plank Jacks	Mountain Climbers (each leg)
***Big arm circles for stretch	10 High Plank Shoulder Taps	Quick Jumps or Jumping Jacks

#### SWITCH CURLS



#### CAT/COW



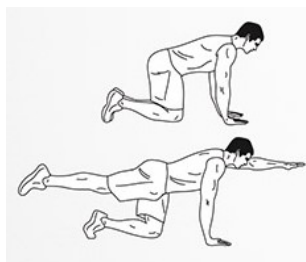
#### LUNGES



#### SINGLE ARM SNATCH



#### BIRD DOG



#### MOUNTAIN CLIMBERS

