

# BOOTCAMP

## DAY 1 WORKOUT

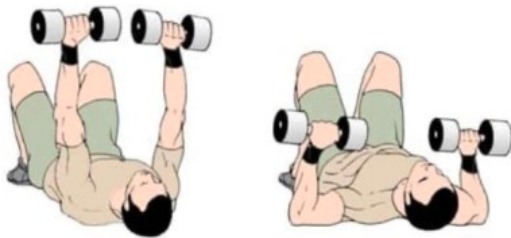


### HOME WORKOUT



13 MIN AMRAP	12 MIN AMRAP	TABATA (25/10)x4
45 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	50 Quick Jumps (like jump rope)	Jumping Jacks
15 Lying Press (Cans)	12 Broom Deadlifts	Knee Tucks
15 Lateral Raises	12 Broom Bent Over Row	Lunges (forward or reverse)
15 Sec Pushups or Plank Hold	12 Broom Bicep Curl	Russian Twists
***Can do lying press on floor	12 Glute Bridge	***25 sec on/10 sec off
	12 Supermans	Do 4 times through of 25/10

**LYING PRESS**



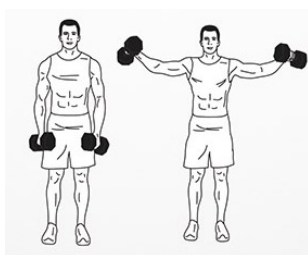
**DEADLIFT**



**KNEE TUCKS**



**LATERAL RAISES**



**BENT OVER ROW**



**RUSSIAN TWISTS**



# BOOTCAMP

## DAY 2 WORKOUT



### HOME WORKOUT

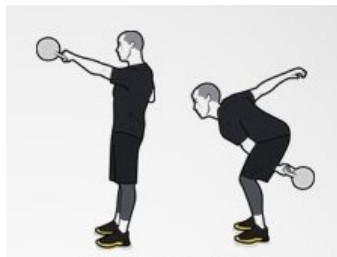


14 MIN AMRAP	10 MIN AMRAP	4 MIN LEGS/CORE
45 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	12 Detergent Swings	20 Sec Leg Raises
16 Can Shoulder Press	12 Detergent Halos	20 Sec Single Leg RDL
8 Each Leg Split Squat	12 Each Arm Single Arm Swings	20 Sec Ab Bicycles
16 Supermans	12 Goblet Squats	20 Sec Quick Jumps
8 Butterfly Situps	12 Detergent Russian Twists	

#### SPLIT SQUAT



#### SWINGS



#### LEG RAISES



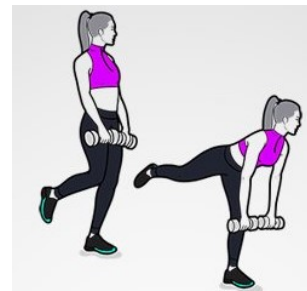
#### BUTTERFLY SITUP



#### HALOS



#### SINGLE LEG RDL



# BOOTCAMP

## DAY 3 WORKOUT



### HOME WORKOUT



12 MIN AMRAP	12 MIN AMRAP	10 MIN AMRAP
30 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	30 High Knees + 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 Deadlift	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



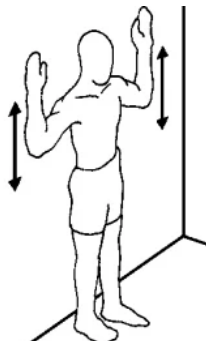
#### PUSH JACKS



#### STEP UPS



#### WALL ANGELS



#### SPLIT THRUSTER

