

# BOOTCAMP

## DAY 1 WORKOUT



### HOME WORKOUT

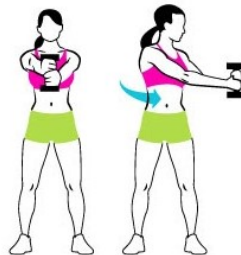


13 MIN AMRAP	12 MIN AMRAP	FOR TIME
60 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	20 JJ or 20 Steam Engines	Reps: 16/14/12/10/8/6/4/2
20 T Raises	12 Straight Arm Twists	Air Squats or Squat Jumps
20 Ground to Overhead	12 Each Leg Reverse Lunges	High Plank Leg Raises (each leg counts as 1)
20 Supermans	12 Book Rows	Laundry Detergent Swings
20 Backpack Squats	20 Mountain Climbers Fast	
***GTO Any House Item		

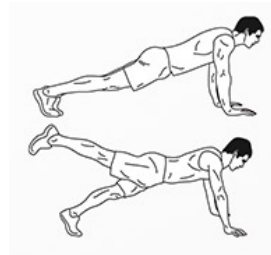
#### T RAISES



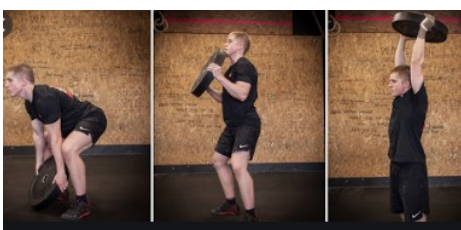
#### STRAIGHT ARM TWIST



#### HP LEG RAISES



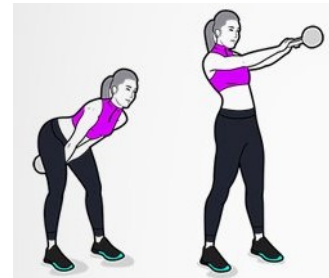
#### GROUND TO OH



#### BOOK ROW



#### DETERGENT SWINGS



# BOOTCAMP

## DAY 2 WORKOUT



### HOME WORKOUT

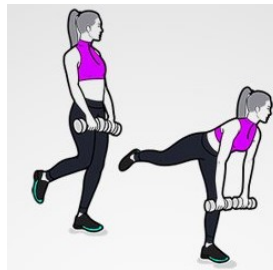


13 MIN AMRAP	10 MIN AMRAP	FOR TIME
25 Butt Kicks + 5 Air Squats	15 Jumping Jacks + 15 Quick Jumps	21-15-9
10 Chair Dips	8 Each Leg Single Leg Deadlift	Squats or Deadlifts
10 Each Arm Cross Raises	8 Calf Raises w/Backpack on	Overhead Tricep Extension
10 sec Can Front Raise Hold	8 Deadlifts (slow on way down)	15-12-9
10 Each Arm Around the Head	8 Steps Each Arm Grip Carry	Pushups, each break in pushups do 3 burpees
***Around Head use Ball	***Use books for grip carry	***Do 21-15-9 all then 15-12-9

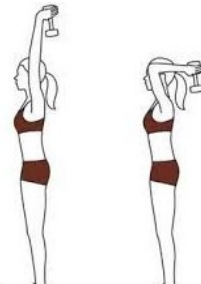
#### CROSS RAISE



#### SINGLE LEG DEADLIFT



#### OVERHEAD TRICEP



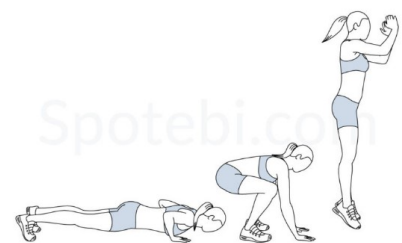
#### AROUND THE HEAD



#### GRIP CARRY



#### BURPEES



# BOOTCAMP

## DAY 3 WORKOUT



### HOME WORKOUT



12 MIN AMRAP	12 MIN AMRAP	3 MIN EMOM x3
30 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	8 Each Leg Chair Sit to Stand	Minute 1: Quick Jumps
12 Can Deadlifts	5 Slow Incline Pushups	Minute 2: Bird Dogs
9 Can Hang Clean	8 Each Leg Forward Lunge	Minute 3: Max Plank Hold
6 Can Push Press	5 Slow Incline Pushups	Minute 4: Rest
30 Seconds Switch Planks		
Extra Credit: 2 Mile Run/Jog/		

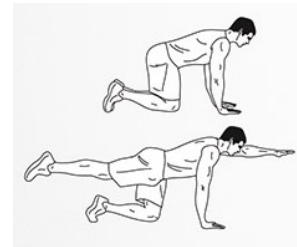
#### HANG CLEAN



#### SIT TO STAND



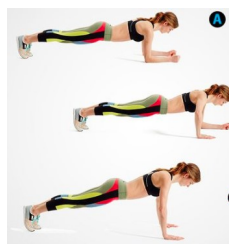
#### BIRD DOGS



#### PUSH PRESS



#### SWITCH PLANKS



#### PLANK

