

BOOTCAMP

DAY 1 WORKOUT

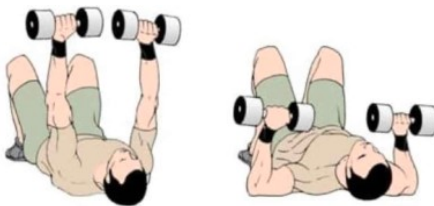


BODYWEIGHT



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

LYING PRESS



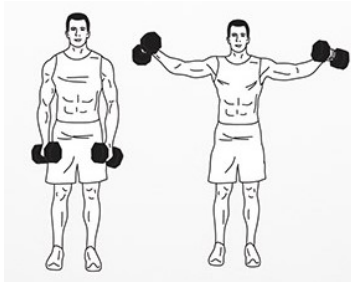
DEADLIFT



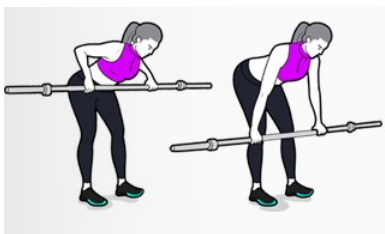
KNEE TUCKS



LATERAL RAISES



BENT OVER ROW



RUSSIAN TWISTS



BOOTCAMP

DAY 2 WORKOUT

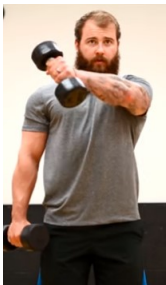


BODYWEIGHT



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 Squat Jumps
10 each arm Cross Raises	8 Calf Raises w/Backpack on	Overhead Tricep Extension
10 each Around the Head (ball)	8 Deadlifts (slow on way down)	15-12-9
10 Standing Straight Arm Twist	8 steps each arm grip carry (books)	Pushups, each break in pushups do 3 burpees
10 sec can front raise hold		**Do 21-15-9 first then 15-12-9

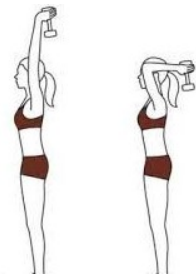
CROSS RAISE



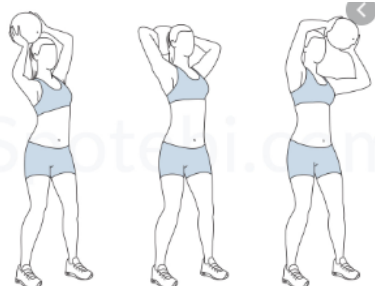
SINGLE LEG DEADLIFT



OVERHEAD TRICEP



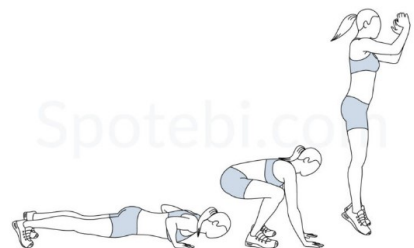
AROUND THE HEAD



GRIP CARRY



BURPEES



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DAY 3 WORKOUT



BODYWEIGHT



12 MIN AMRAP	12 MIN AMRAP	CHIPPER FOR TIME
30 Seconds Cardio (run, jump, squat, burpees, etc.)	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 counts as 1)
***Big arm circles for stretch	10 High Plank Shoulder Taps	Quick Jumps or Jumping Jacks

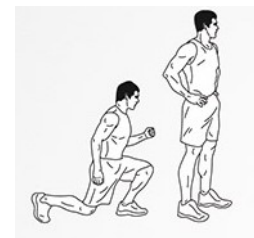
SWITCH CURLS



CAT/COW



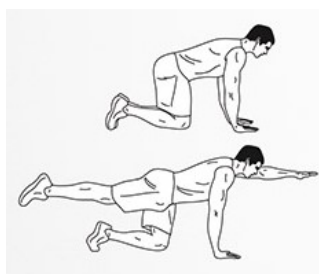
LUNGES



SNATCH



BIRD DOG



MOUNTAIN CLIMBER

