

# BOOTCAMP

## DAY 1 WORKOUT

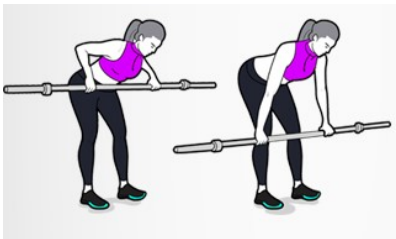


### HOME WORKOUT

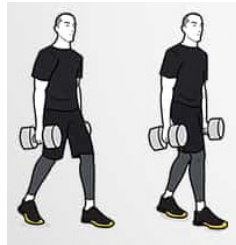


13 MIN AMRAP	12 MIN AMRAP	10 MIN AMRAP
20 Jumping Jacks + 20 High Knees	40 Steps Farmer Carry	10 to 1 Pushups
15 Brooms Rows	Quick Pace Up & Down Stairs x2	10 to 1 Can/Suitcase Row
15 Ea Single Leg Calf Raises	10 Chair Dips	10 to 1 Lunges
15 Broom Bicep Curls	10 Air Squats w/1 sec hold at bottom	10 to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

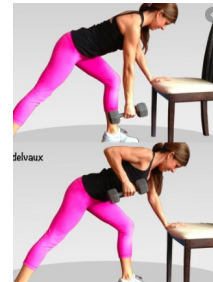
**BROOM ROW**



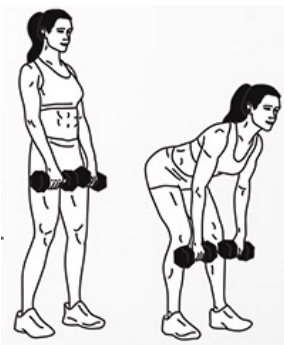
**FARMER CARRY**



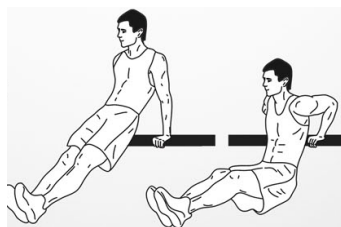
**ROW**



**DEADLIFT**



**CHAIR DIPS**



**SQUAT JUMP**



# BOOTCAMP

## DAY 2 WORKOUT

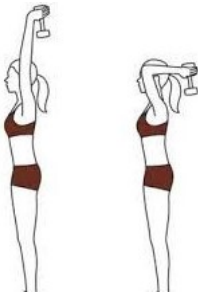


### HOME WORKOUT

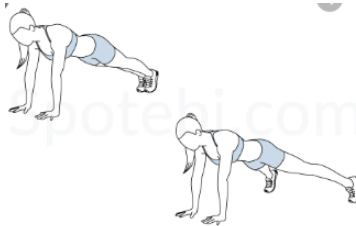


13 MIN AMRAP	10 MIN AMRAP	TABATA (20/10)x4
45 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	20 Sec Superman	Quick Jumps
20 Overhead Tricep Ext	20 Sec Plank Jacks	Single Leg RDL Left Leg
16 Bent Over Row (Cans)	20 Slow Crunches	Inchworms
16 Home Item Shoulder Press	10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

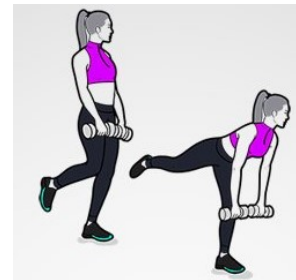
**TRICEP EXTENSION**



**PLANK JACKS**



**SINGLE LEG RDL**



**SINGLE LEG GLUTE**



**SQUAT KNEE LIFT**



**INCHWORMS**



# BOOTCAMP

## DAY 3 WORKOUT



### HOME WORKOUT

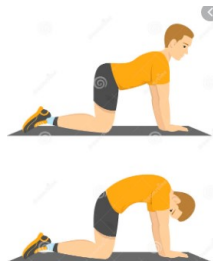


12 MIN AMRAP	12 MIN AMRAP	CHIPPER FOR TIME
30 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	10 Cat/Cow	40-30-20-10
12 Switch Bicep Curls (can)	10 Bird Dog	Reverse Lunges (total steps)
12 Each Arm Home Item Row	10 Sec Child's Pose	Plank (in seconds)
12 Each Arm Snatch (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



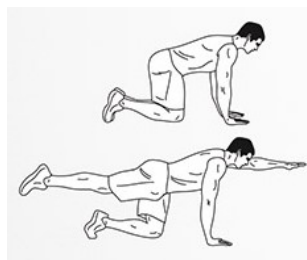
#### LUNGES



#### SINGLE ARM SNATCH



#### BIRD DOG



#### MOUNTAIN CLIMBERS



# BOOTCAMP

## DAY 1 WORKOUT

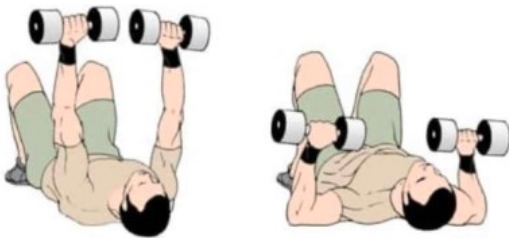


### HOME WORKOUT



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**



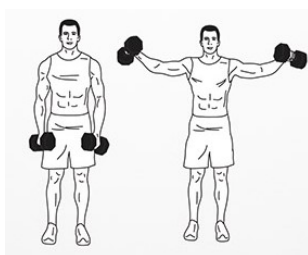
**DEADLIFT**



**KNEE TUCKS**



**LATERAL RAISES**



**BENT OVER ROW**



**RUSSIAN TWISTS**



# BOOTCAMP

## DAY 2 WORKOUT



### HOME WORKOUT

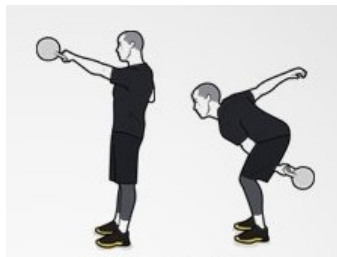


14 MIN AMRAP	10 MIN AMRAP	4 MIN LEGS/CORE
45 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	12 Detergent Swings	20 Sec Leg Raises
16 Can Shoulder Press	12 Detergent Halos	20 Sec Single Leg RDL
8 Each Leg Split Squat	12 Each Arm Single Arm Swings	20 Sec Ab Bicycles
16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

#### SPLIT SQUAT



#### SWINGS



#### LEG RAISES



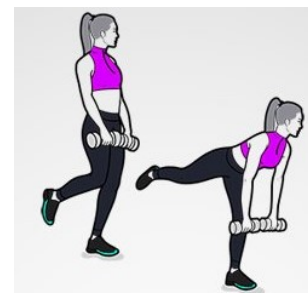
#### BUTTERFLY SITUP



#### 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**



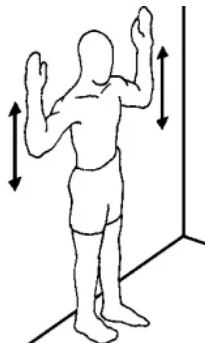
**PUSH JACKS**



**STEP UPS**



**WALL ANGELS**



**SPLIT THRUSTER**



# BOOTCAMP

## DAY 1 WORKOUT



### HOME WORKOUT

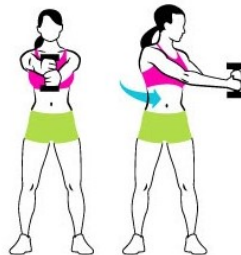


13 MIN AMRAP	12 MIN AMRAP	FOR TIME
60 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	20 JJ or 20 Steam Engines	Reps: 16/14/12/10/8/6/4/2
20 T Raises	12 Straight Arm Twists	Air Squats or Squat Jumps
20 Ground to Overhead	12 Each Leg Reverse Lunges	High Plank Leg Raises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

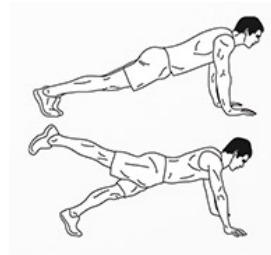
#### T RAISES



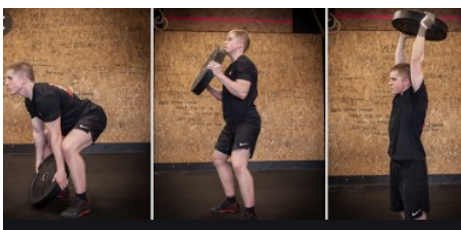
#### STRAIGHT ARM TWIST



#### HP LEG RAISES



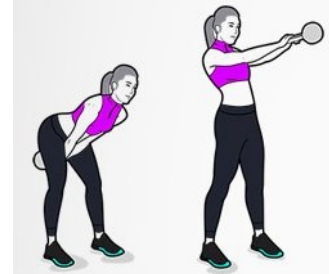
#### GROUND TO OH



#### BOOK ROW



#### DETERGENT SWINGS



# BOOTCAMP

## DAY 2 WORKOUT



### HOME WORKOUT

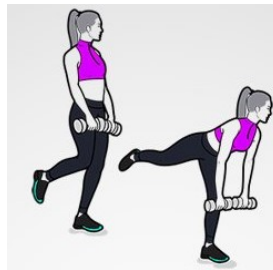


13 MIN AMRAP	10 MIN AMRAP	FOR TIME
25 Butt Kicks + 5 Air Squats	15 Jumping Jacks + 15 Quick Jumps	21-15-9
10 Chair Dips	8 Each Leg Single Leg Deadlift	Squats or Deadlifts
10 Each Arm Cross Raises	8 Calf Raises w/Backpack on	Overhead Tricep Extension
10 sec Can Front Raise Hold	8 Deadlifts (slow on way 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

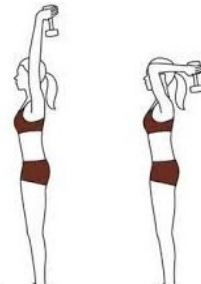
#### CROSS RAISE



#### SINGLE LEG DEADLIFT



#### OVERHEAD TRICEP



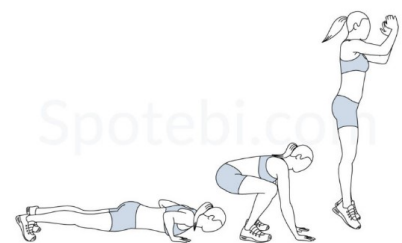
#### AROUND THE HEAD



#### 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/		

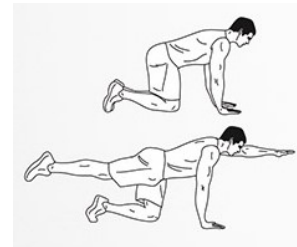
#### HANG CLEAN



#### SIT TO STAND



#### BIRD DOGS



#### PUSH PRESS



#### SWITCH PLANKS



#### PLANK



# BOOTCAMP

## DAY 1 WORKOUT



### HOME WORKOUT

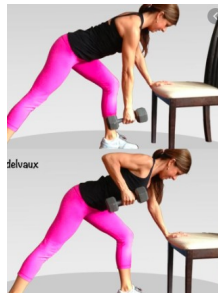


13 MIN AMRAP	12 MIN AMRAP	TABATA 8x20/10
60 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	15 Bicep Curl to Press	Slow Pushups
10 Can Shoulder Press	15 Jumping Jacks	Cross Mountain Climbers
10 Cross Raise	15 Each Single Arm Rows	Single Leg Glute Bridge Right
10 Neutral Shoulder Press (palms in)	15 Jumping Jacks	Single Leg Glute Bridge Left
10 Home Item Push Out	15 Air Good Mornings	***20 Sec On/10 Sec Off
		Do twice through (4 min total)

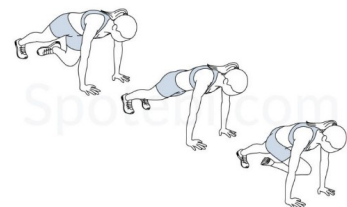
**CROSS RAISE**



**SINGLE ARM ROW**



**CROSS MOUNTAIN**



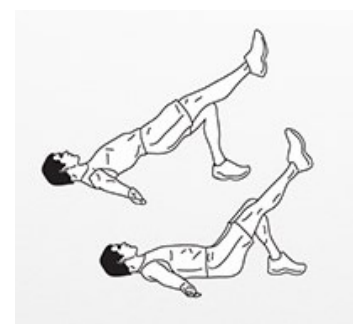
**PUSH OUT**



**GOOD MORNING**



**SINGLE LEG GLUTE**



# BOOTCAMP

## DAY 2 WORKOUT

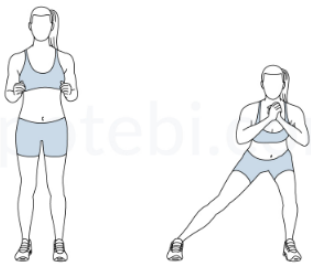


### HOME WORKOUT



13 MIN AMRAP	10 MIN AMRAP	FOR TIME
20 High Knees	10 Min Jog or Run	10 to 1 Reps
20 Quick Jumps	Option 1: Steady Pace for 10 min	Air Squat
10 Forward Lunges	Option 2: 2 Min Fast/Slow for 10	Air Deadlift
10 Side Lunges		Can Front Raise
10 Each Single Leg Calf Raise		Bent Over Can Row
***10 reps, then 9,8,7,etc to 1		

**SIDE LUNGE**



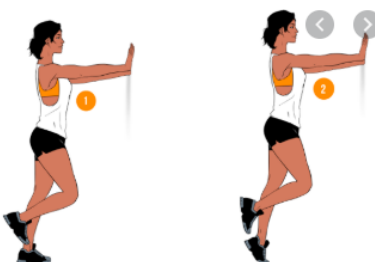
**RUN**



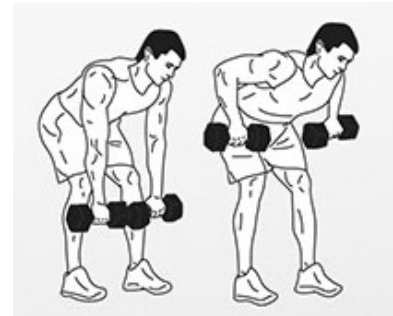
**FRONT RAISE**



**SINGLE LEG CALF**



**BENT OVER ROW**



# BOOTCAMP

## DAY 3 WORKOUT



### HOME WORKOUT

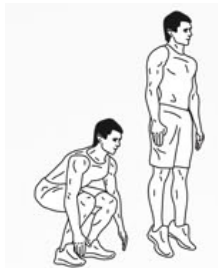


13 MIN AMRAP	12 MIN AMRAP	10 MIN AMRAP
60 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	60 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	30 Seconds Wall Sit
10 Pushups	16 Walking Lunges	30 Seconds Jumping Jacks
10 Y Raises	8 Squat Jumps	30 Seconds Air Squats
10 Each Step Ups	8 Deadlifts	30 Seconds Calf Raises
8 Knee Tucks		
20 Sec Each Side Plank		

**Y RAISE**



**SQUAT JUMP**



**WALL SIT**



**STEP UPS**



**KNEE TUCKS**



**AIR SQUAT**

