

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)	30 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	30-25-20-15-10-5 reps
10 High Plank Shoulder Taps	15 Good Mornings	Jumping Jacks
10 Each Single Leg Calf Raises	15 Air Deadlifts	Air Squats
10 Each Single Arm Tricep Ext	15 Each Single Leg RDL	Skater Jumps Each Leg
10 Second Lateral Can Hold	15 Can Bicep Curls	Butterfly Situp
10 Lying Leg Raises		Chair Dips

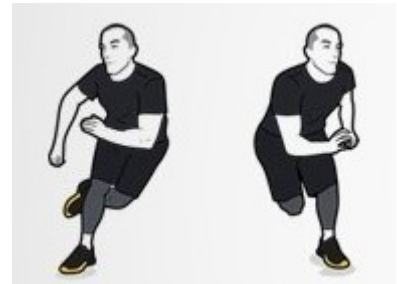
SINGLE ARM TRICEP



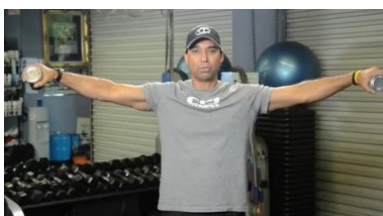
GOOD MORNINGS



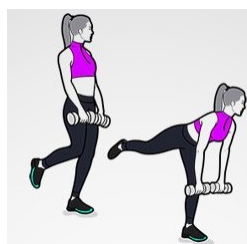
SKATER JUMPS



LATERAL HOLD



SINGLE LEG RDL



BUTTERFLY SITUP



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DAY 2 WORKOUT

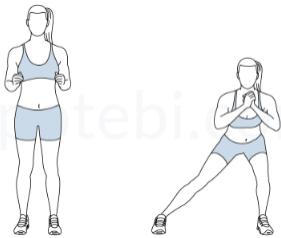


HOME WORKOUT



13 MIN AMRAP	10 MIN AMRAP	4 MIN EMOM x3
25 High Knees	30 Weighted Jumping Jacks	Minute 1: Lunges
5 Squat Jumps	20 Squats (Home Item)	Minute 2: Chair Dips
5 Each Lateral Lunges	20 Deadlifts (Home Item)	Minute 3: Knee Tucks
10 Incline or Decline Pushups	5 Each Side Single Arm Thruster	Minute 4: Reverse Fly
10 Each Side Plank Hip Dips	20 Butt Kicks	Perform each exercise for 1 min
5 Burpees or Half Burpees	***Home Item for SA Thruster	Do 3 Rounds

LATERAL LUNGE



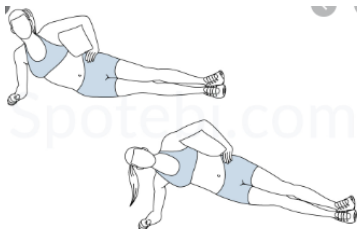
WEIGHTED JACK



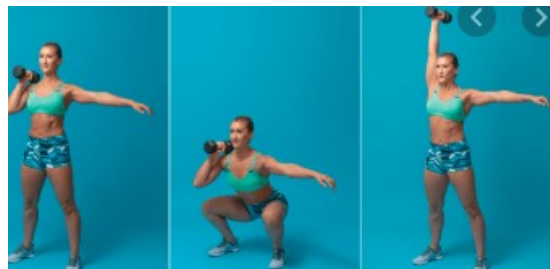
KNEE TUCKS



SIDE PLANK HIP DIP



SA THRUSTER



REVERSE FLY



BOOTCAMP

DAY 3 WORKOUT

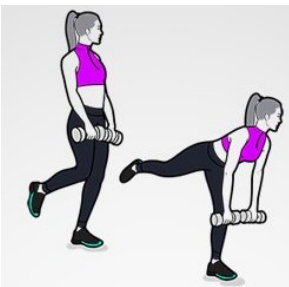


HOME WORKOUT



12 MIN AMRAP	12 MIN AMRAP	3 MIN EMOM x3
60 Seconds Cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	60 Seconds Cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	Perform Each for 1 Min
14 Each Single Leg RDL	30 Seconds Each Grip Carry	Minute 1: Squat Jump or Squat
14 Air Squats	20 Seconds Superman Hold	Minute 2: JJ or Steam Engines
28 Quick Jumps (like jump rope)	8 Inchworms + Optional Pushup	Minute 3: Run/Jog/Walk
14 Shoulder Press	8 Each Leg Reverse Lunges	Minute 4: Rest
***Grip Carry use book(s)		

SINGLE LEG RDL



GRIP CARRY



SQUAT JUMP



SHOULDER PRESS



INCHWORMS



STEAM ENGINES

