

BOOTCAMP

DAY 1 WORKOUT



HOME WORKOUT

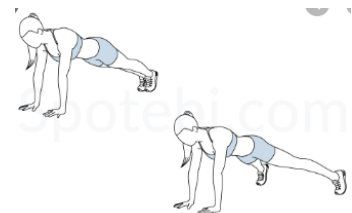


| 13 MIN AMRAP | 12 MIN AMRAP | FOR TIME |
|---|---|-------------------------------|
| 45 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs) | 30 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs) | 30-25-20-15-10-5 reps |
| 8 Inchworms to High Plank | 10 Each Leg Elev Glute Bridge | Plank Jacks |
| 8 Squat Plus Knee Raise | 10 Steps Hamstring Death March | Quick Jumps (like jump rope) |
| 8 Second Low Squat Hold | 20 Bent Over Rows (cans or broom) | Home Item Push Out (chest) |
| 16 Overhead Triceps Extension | 20 Second Superman Hold | Home Item Push Up (Shoulders) |
| 16 Slow Crunches | | Home Item Row (Back) |

INCHWORMS

ELEVATED GLUTE

PLANK JACKS



SQUAT HOLD

DEATH MARCH

PUSH OUT



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DAY 2 WORKOUT

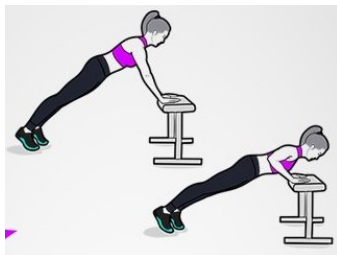


HOME WORKOUT

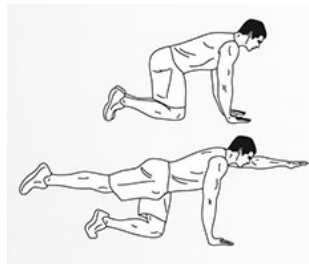


| 14 MIN AMRAP | 10 MIN AMRAP | 4 MIN CORE/CHEST |
|--|--------------------------------|-------------------------------|
| 2 min Cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs) | ***10,8,6,4,2 reps for all | 15 Seconds High Plank |
| 8 Incline Pushups | Bird Dog (each side) | 5 Pushups |
| 8 Each Split Squat | Single Leg Sit to Stand (each) | 10 Supermans |
| 8 Glute Bridge | Air Squat | 4 Pushups |
| 16 Russian Twists | Burpee or Double Jumping Jacks | 15 Seconds Low Plank (elbows) |
| **Split Squat stay in split stance | Chair Dips | 3 Pushups |

INCLINE PUSHUP



BIRD DOG



HIGH PLANK



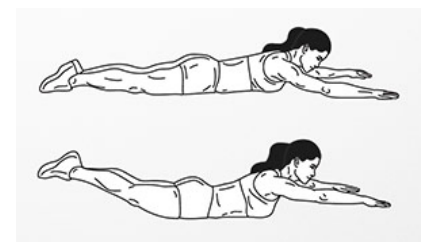
GLUTE BRIDGE



SIT TO STAND



SUPERMANS



BOOTCAMP

DAY 3 WORKOUT



HOME WORKOUT

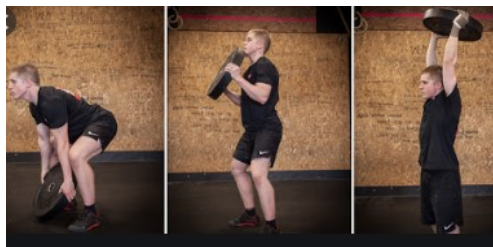


| 12 MIN AMRAP | 12 MIN AMRAP | 10 MIN AMRAP |
|---|----------------------------------|-----------------------------------|
| 45 Seconds Cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs) | 5 Burpee, 15 JJ, or 30 High Knee | 30 Mountain Climbers Fast |
| 20 T Raises | 10 Ground to Overhead | 30 Quick Jumps (like jump rope) |
| 20 Supermans | 10 Book Row | 15 Ea Rear Foot Elev. Split Squat |
| 20 JJ or Steam Engines | 10 Backpack Squats | 30 Broom Deadlifts |
| 20 Straight Arm Twist | 10 Each Backpack Lunges | 15 Laundry Detergent KB Swings |
| ***GTO Any House Item | | |

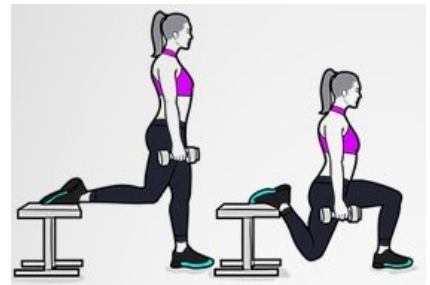
T RAISES



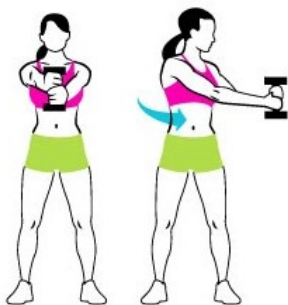
GROUND TO OH



RFE Split Squat



STRAIGHT ARM TWIST



BOOK ROW



DETERGENT SWINGS

