

BOOTCAMP

DAY 1 WORKOUT

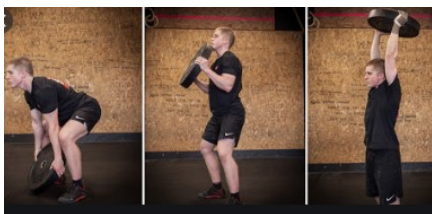


HOME WORKOUT



13 MIN AMRAP	12 MIN AMRAP	10 MIN AMRAP
45 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	60 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	20 Lateral Hops Side to Side
12 Ground to Overhead	5 Book Rows or Can Rows	10 Each Leg Step Ups
10 Overhead Lunge	5 Pushups	10 Squat Jumps
8 Half Burpees (only down to high plank)	5 Situps or 10 Crunches	10 Each Reverse Lunges
	5 Burpees or 5 Air Squats	10 Quick Jumps
		10 Second Squat Hold

GROUND TO OVERHEAD



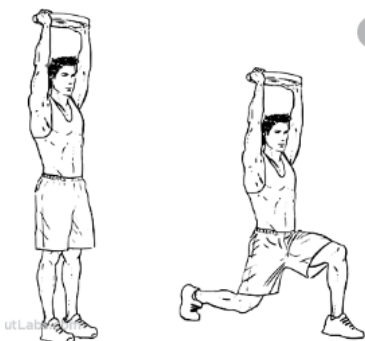
BOOK ROW



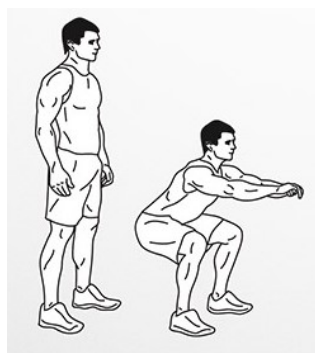
STEP UPS



OVERHEAD LUNGE



AIR SQUAT



SQUAT JUMPS



BOOTCAMP

DAY 2 WORKOUT



HOME WORKOUT



14 MIN AMRAP	10 MIN AMRAP	FOR TIME
60 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	30 Seconds High Knees	10,9,8,7,6,5,4,3,2,1
3-6-9-12 reps and so on...	30 Seconds Lunges	Can Clean/Squat/Press
Hammer Curl	7 Each Single Arm Deadlift	Jumping Jacks
Box Jump or Squat Jump	5 Each Single Arm Detergent Swing	Lunges or Lunge Jumps
Skater Jumps	3 Each Single Arm Press	
***Use same item for 3 lifts		

HAMMER CURL



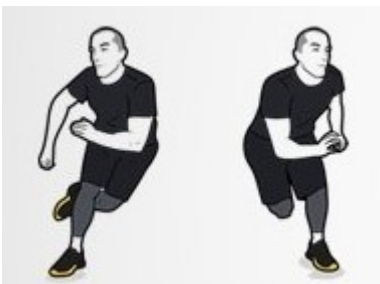
SINGLE ARM DEADLIFT



CLEAN/SQUAT/PRESS



SKATER JUMPS



SINGLE ARM SWING



LUNGE JUMPS



BOOTCAMP

DAY 3 WORKOUT



HOME WORKOUT

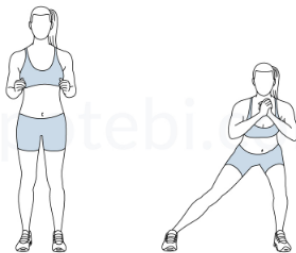


12 MIN AMRAP	12 MIN AMRAP	TABATA 8x(20/10)
60 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)	25 Jumping Jacks	Butt Kicks
6 Each Side Single Item Squat	15 Air Squats	Side Plank Right
6 Arms Extended Home Item Situp	8 Each Lateral Lunges	Lateral Hops Side to Side
12 Broom Rows	8 Each Step Ups	Side Plank Left
6 Pushups	8 Chair Dips	***20 Sec on/10 Sec off
	20 Seconds High Plank Hold	Do 8 rounds (twice through ea)

SINGLE ITEM SQUAT



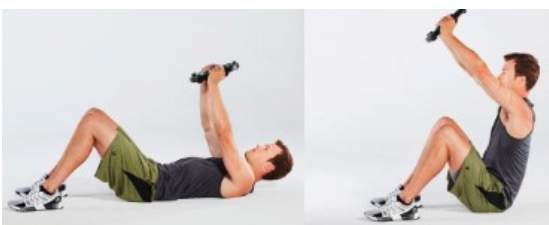
LATERAL LUNGES



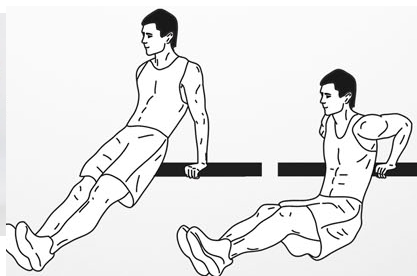
BUTT KICKS



HOME ITEM SITUP



CHAIR DIPS



SIDE PLANK

