

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 |

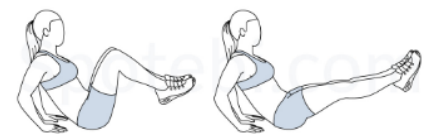
LYING PRESS



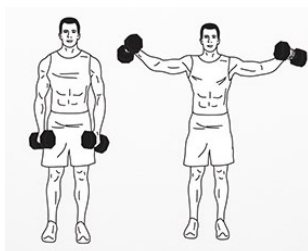
DEADLIFT



KNEE TUCKS



LATERAL RAISES



BENT OVER ROW



RUSSIAN TWISTS



BOOTCAMP

DAY 2 WORKOUT



HOME WORKOUT

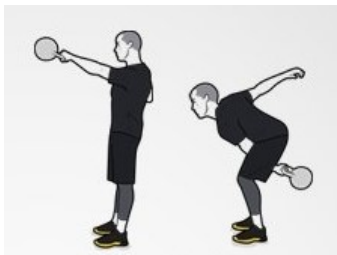


| 14 MIN AMRAP | 10 MIN AMRAP | 4 MIN LEGS/CORE |
|---|-------------------------------|-----------------------|
| 45 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs) | 12 Detergent Swings | 20 Sec Leg Raises |
| 16 Can Shoulder Press | 12 Detergent Halos | 20 Sec Single 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



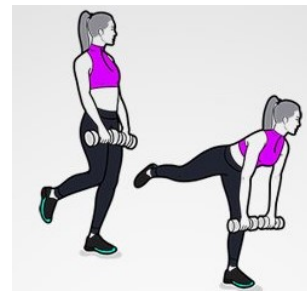
BUTTERFLY SITUP



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



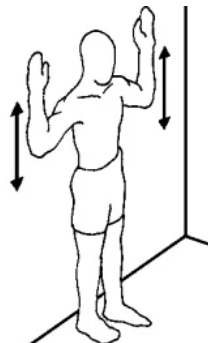
PUSH JACKS



STEP UPS



WALL ANGELS



SPLIT THRUSTER

