# BOOTCAMP

## DAY 1 WORKOUT

### HOME WORKOUT

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

- **Broom Row**
- **Farmer Carry**
- **Row**
- **Deadlift**
- **Chair Dips**
- **Squat Jump**
# Bootcamp

## Day 2 Workout

### Home Workout

#### 13 Min AMRAP
- 45 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)

#### 10 Min AMRAP
- 20 Sec Superman

#### Tabata (20/10) x4
- 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

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**Tricep Extension**

**Plank Jacks**

**Single Leg RDL**

**Single Leg Glute**

**Squat Knee Lift**

**Inchworms**
# BOOTCAMP

## DAY 3 WORKOUT

### HOME WORKOUT

<table>
<thead>
<tr>
<th>12 MIN AMRAP</th>
<th>12 MIN AMRAP</th>
<th>CHIPPER FOR TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)</td>
<td>10 Cat/Cow</td>
<td>40-30-20-10</td>
</tr>
<tr>
<td>12 Switch Bicep Curls (can)</td>
<td>10 Bird Dog</td>
<td>Reverse Lunges (total steps)</td>
</tr>
<tr>
<td>12 Each Arm Home Item Row</td>
<td>10 Sec Child’s Pose</td>
<td>Plank (in seconds)</td>
</tr>
<tr>
<td>12 Each Arm Snatch (can/water)</td>
<td>10 Pushups</td>
<td>Air Squat or Air Deadlift</td>
</tr>
<tr>
<td>12 Arm Circles Each Way</td>
<td>10 Plank Jacks</td>
<td>Mountain Climbers (each leg)</td>
</tr>
</tbody>
</table>

***Big arm circles for stretch***

| 10 High Plank Shoulder Taps | Quick Jumps or Jumping Jacks |

### Images

- **SWITCH CURLS**
- **CAT/COW**
- **LUNGES**
- **SINGLE ARM SNATCH**
- **BIRD DOG**
- **MOUNTAIN CLIMBERS**