## HOME WORKOUT

### 13 MIN AMRAP
- 60 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)
- 20 T Raises
- 20 Ground to Overhead
- 20 Supermans
- 20 Backpack Squats

### 12 MIN AMRAP
- 20 JJ or 20 Steam Engines
- 12 Straight Arm Twists
- 12 Each Leg Reverse Lunges
- 12 Book Rows
- 20 Mountain Climbers Fast

### FOR TIME
- Reps: 16/14/12/10/8/6/4/2
- Air Squats or Squat Jumps
- High Plank Leg Raises (each leg counts as 1)
- Laundry Detergent Swings

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**T RAISES**

![Image of T Raises]

**STRAIGHT ARM TWIST**

![Image of Straight Arm Twist]

**HP LEG RAISES**

![Image of High Plank Leg Raises]

**GROUND TO OH**

![Image of Ground to Overhead]

**BOOK ROW**

![Image of Book Row]

**DETERGENT SWINGS**

![Image of Detergent Swings]
# BOOTCAMP

## DAY 2 WORKOUT

### HOME WORKOUT

<table>
<thead>
<tr>
<th>13 MIN AMRAP</th>
<th>10 MIN AMRAP</th>
<th>FOR TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 Butt Kicks + 5 Air Squats</td>
<td>15 Jumping Jacks + 15 Quick Jumps</td>
<td>21-15-9</td>
</tr>
<tr>
<td>10 Chair Dips</td>
<td>8 Each Leg Single Leg Deadlift</td>
<td>Squats or Deadlifts</td>
</tr>
<tr>
<td>10 Each Arm Cross Raises</td>
<td>8 Calf Raises w/Backpack on</td>
<td>Overhead Tricep Extension</td>
</tr>
<tr>
<td>10 sec Can Front Raise Hold</td>
<td>8 Deadlifts (slow on way down)</td>
<td>15-12-9</td>
</tr>
<tr>
<td>10 Each Arm Around the Head</td>
<td>8 Steps Each Arm Grip Carry</td>
<td>Pushups, each break in pushups do 3 burpees</td>
</tr>
</tbody>
</table>

***Around Head use Ball***

***Use books for grip carry***

***Do 21-15-9 all then 15-12-9***

### EXERCISES

- **CROSS RAISE**
- **SINGLE LEG DEADLIFT**
- **OVERHEAD TRICEP**
- **AROUND THE HEAD**
- **GRIP CARRY**
- **BURPEES**
# BOOTCAMP

## DAY 3 WORKOUT

### HOME WORKOUT

<table>
<thead>
<tr>
<th>12 MIN AMRAP</th>
<th>12 MIN AMRAP</th>
<th>3 MIN EMOM x3</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)</td>
<td>8 Each Leg Chair Sit to Stand</td>
<td>Minute 1: Quick Jumps</td>
</tr>
<tr>
<td>12 Can Deadlifts</td>
<td>5 Slow Incline Pushups</td>
<td>Minute 2: Bird Dogs</td>
</tr>
<tr>
<td>9 Can Hang Clean</td>
<td>8 Each Leg Forward Lunge</td>
<td>Minute 3: Max Plank Hold</td>
</tr>
<tr>
<td>6 Can Push Press</td>
<td>5 Slow Incline Pushups</td>
<td>Minute 4: Rest</td>
</tr>
<tr>
<td>30 Seconds Switch Planks</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Extra Credit: 2 Mile Run/Jog/Run