

# BOOTCAMP

## DAY 1 WORKOUT

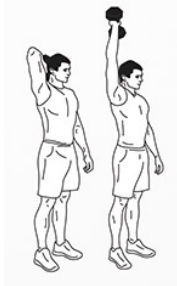


### BODYWEIGHT



13 MIN AMRAP	12 MIN AMRAP	FOR TIME
60 sec cardio (run, jumping jacks, squat jumps, burpees)	30 sec cardio (run, jumping jacks, squat jumps, burpees)	30-25-20-15-10-5
10 High Plank Shoulder Taps	15 Good Mornings	Jumping Jacks
10 ea Single Leg Calf Raises	15 Air Deadlifts	Air Squats
10 ea Single Arm Tricep Ext	15 ea Single Leg RDL	Skater Jumps Each Leg
10 Second Lateral Can Hold	15 Can Bicep Curls	Butterfly Situp
10 Lying Leg Raises		Chair Dips

#### SINGLE ARM TRICEP



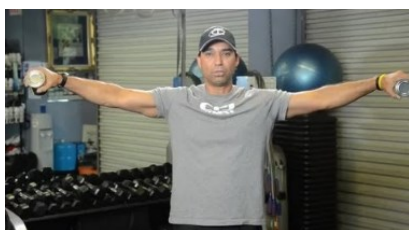
#### GOOD MORNINGS



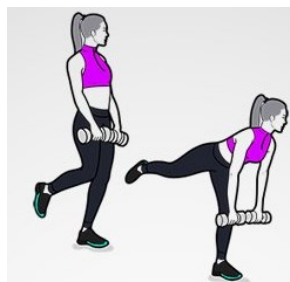
#### SKATER JUMPS



#### LATERAL HOLD



#### SINGLE LEG RDL



#### BUTTERFLY SITUP



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## DAY 2 WORKOUT

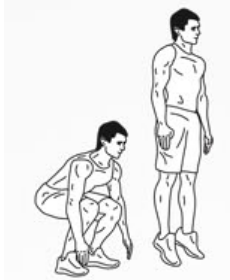


### BODYWEIGHT



13 MIN AMRAP	10 MIN AMRAP	TABATA (20/10)x4
2 min cardio (run, jumping jacks, squat jumps, burpees)	30 High Knees	AB Bicycles Slow
8 Squat Jumps	30 Butt Kicks	Low Plank
8 Deadlift Jumps	4 Each Way Staggered Pushup	AB Bicycles Fast
8 ea Single Leg Glute Bridge	16 Book Front Raise	High Plank
16 Air Squat	8 Each Single Arm Row	***20 sec on/10 sec off
16 Air Deadlift	***Use house item for row	Do 4 times through of 20/10

**SQUAT JUMP**



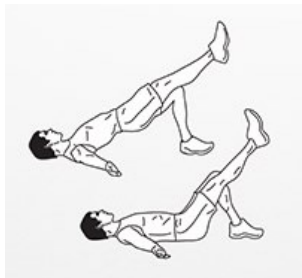
**STAGGERED PUSHUP**



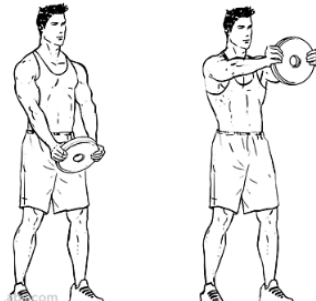
**AB BICYCLES**



**SINGLE LEG GLUTE**



**FRONT RAISE**



**HIGH PLANK**



# BOOTCAMP

## DAY 3 WORKOUT



### BODYWEIGHT

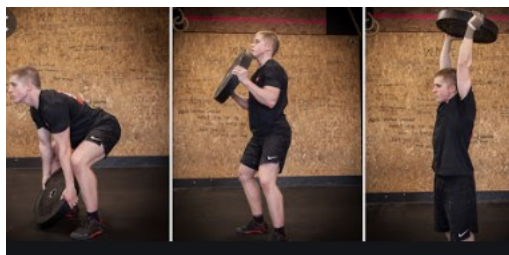


12 MIN AMRAP	12 MIN AMRAP	10 MIN AMRAP
45 seconds cardio	5 Burpee, 15 JJ, or 30 High Knee	30 Mtn Climbers Fast
20 T Raises	10 Ground to Overhead	30 Quick Jumps (like jump rope)
20 Supermans	10 Book Row	15 each Rear Foot Elev Split Sqt
20 JJ or Steam Engines	10 Backpack Squats	30 Broom Deadlifts
20 Straight Arm Twist	10 each Backpack Lunges	15 Laundry Detergent KB Swings
***GTO any house item		

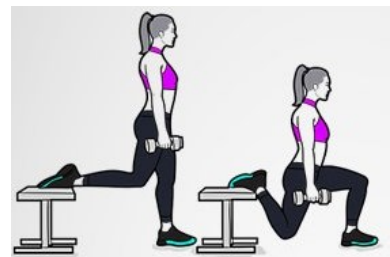
**T RAISES**



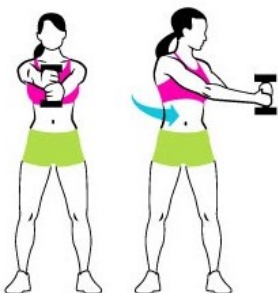
**GROUND TO OH**



**RFE SPLIT SQUAT**



**STRAIGHT ARM TWIST**



**BOOK ROW**



**DETERGENT SWINGS**

