

BOOTCAMP

DAY 1 WORKOUT



BODYWEIGHT

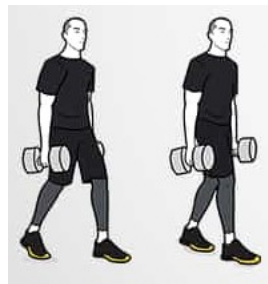


13 MIN AMRAP	12 MIN AMRAP	10 MIN AMRAP
20 Jumping Jacks + 20 High Knees	40 Steps Farmer Carry	10 to 1 Pushups
15 Broom Rows	Quick Pace Up & Down Stairs x2 **If no stairs then 10 chair steps	10 to 1 Can/Suitcase Row
15 each leg single leg Calf Raise	10 Chair Dips	10 to 1 Lunges
15 Broom Bicep Curls	10 Air Squats w/1 sec hold at bottom	10 to 1 Air Squat or Squat Jump
15 Deadlifts	20 sec elbow plank hold	

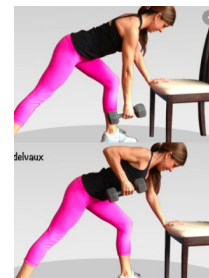
BROOM ROW



FARMER CARRY



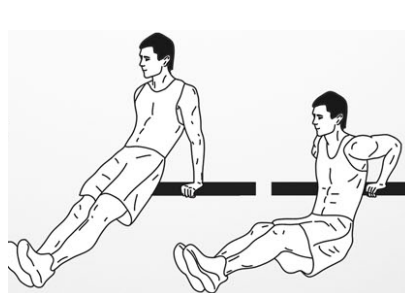
ROW



DEADLIFT



CHAIR DIPS



SQUAT JUMP



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DAY 2 WORKOUT



BODYWEIGHT

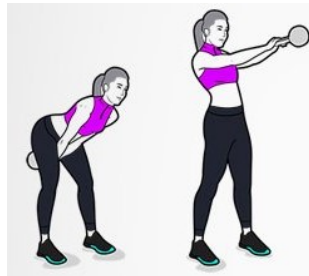


14 MIN AMRAP	10 MIN AMRAP	4 MIN LEGS/CORE
45 Sec Cardio (Jumps, High Knees, Burpees, Run, Stairs)	12 Detergent Swings	20 Sec Leg Raises
16 Can Shoulder Press	12 Detergent Halos	20 Sec Single Leg RDL
8 Each Leg Split Squat	12 Each Arm Single Arm Swings	20 Sec Ab Bicycles
16 Supermans	12 Goblet Squats	20 Sec Quick Jumps
8 Butterfly Situps	12 Detergent Russian Twists	

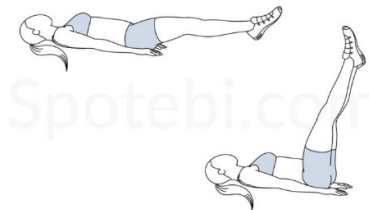
SPLIT SQUAT



SWINGS



LEG RAISES



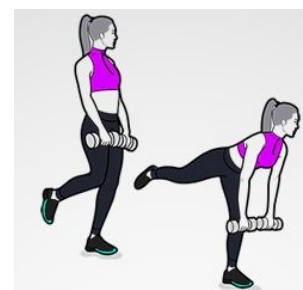
BUTTERFLY SITUP



HALO's



SINGLE LEG RDL



BOOTCAMP

DAY 3 WORKOUT



BODYWEIGHT



12 MIN AMRAP	12 MIN AMRAP	3 MIN EMOM x3
30 Seconds Cardio (run, jump, squat, burpees, etc.)	8 Each Leg Chair Sit to Stand	Minute 1: Quick Jumps
12 Can Deadlifts	5 Slow Incline Pushups	Minute 2: Bird Dogs
9 Can Hang Clean	8 Each Leg Single Leg RDL	Minute 3: Air Squat or Burpee
6 Can Push Press	5 Slow Incline Pushups	Minute 4: Rest
	30 Seconds Switch Planks	
		Extra Credit: Run 2 Miles after

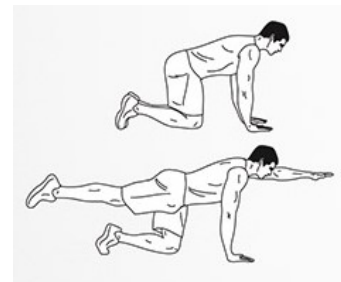
HANG CLEAN



SIT TO STAND



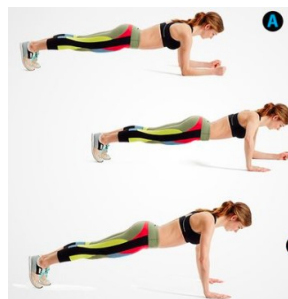
BIRD DOGS



PUSH PRESS



SWITCH PLANKS



BURPEES

