# Bootcamp Day 1 Workout

## Bodyweight

### 13 Min AMRAP
- 60 sec cardio (run, jumping jacks, squat jumps, burpees)
- 10 High Plank Shoulder Taps
- 10 ea Single Leg Calf Raises
- 10 Second Lateral Can Hold
- 10 Lying Leg Raises

### 12 Min AMRAP
- 30 sec cardio (run, jumping jacks, squat jumps, burpees)
- 15 Good Mornings
- 15 Air Deadlifts
- 15 ea Single Leg RDL
- 15 Can Bicep Curls

### For Time
- 30-25-20-15-10-5
- Jumping Jacks
- Air Squats
- Skater Jumps Each Leg
- Butterfly Situp
- Chair Dips

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**Single Arm Tricep**

**Good Mornings**

**Skater Jumps**

**Lateral Hold**

**Single Leg RDL**

**Butterfly Situp**
# Bootcamp

## Day 2 Workout

**Bodyweight**

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

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**Squat Jump**

**Staggered Pushup**

**AB Bicycles**

**Single Leg Glute**

**Front Raise**

**High Plank**
# Bootcamp

## Day 3 Workout

**Bodyweight**

<table>
<thead>
<tr>
<th>12 Min AMRAP</th>
<th>12 Min AMRAP</th>
<th>10 Min AMRAP</th>
</tr>
</thead>
<tbody>
<tr>
<td>45 seconds cardio</td>
<td>5 Burpee, 15 JJ, or 30 High Knee</td>
<td>30 Mtn Climbers Fast</td>
</tr>
<tr>
<td>20 T Raises</td>
<td>10 Ground to Overhead</td>
<td>30 Quick Jumps (like jump rope)</td>
</tr>
<tr>
<td>20 Supermans</td>
<td>10 Book Row</td>
<td>15 each Rear Foot Elev Split Sqt</td>
</tr>
<tr>
<td>20 JJ or Steam Engines</td>
<td>10 Backpack Squats</td>
<td>30 Broom Deadlifts</td>
</tr>
<tr>
<td>20 Straight Arm Twist</td>
<td>10 each Backpack Lunges</td>
<td>15 Laundry Detergent KB Swings</td>
</tr>
</tbody>
</table>

***GTO any house item***

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**T RAISES**

**GROUND TO OH**

**RFE SPLIT SQUAT**

**STRAIGHT ARM TWIST**

**BOOK ROW**

**DETERGENT SWINGS**
# Bootcamp Day 1 Workout

**Bodyweight**

<table>
<thead>
<tr>
<th>13 Min AMRAP</th>
<th>12 Min AMRAP</th>
<th>For Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>45 sec cardio (run, jumping jacks, squat jumps, burpees)</td>
<td>30 sec cardio (run, jumping jacks, squat jumps, burpees)</td>
<td>30-25-20-15-10-5</td>
</tr>
<tr>
<td>8 Inchworms to High Plank</td>
<td>10 each leg elevated glute bridge</td>
<td></td>
</tr>
<tr>
<td>8 Squat Plus Knee Raise</td>
<td>10 steps hamstring death march</td>
<td>Plank Jacks</td>
</tr>
<tr>
<td>8 second low squat hold</td>
<td>20 bent over rows (cans)</td>
<td>Quick Jumps (like jump rope)</td>
</tr>
<tr>
<td>16 overhead triceps extension</td>
<td>20 second superman hold</td>
<td>Home Item Push Out (chest)</td>
</tr>
<tr>
<td>16 crunches slow</td>
<td></td>
<td>Home Item Row (back)</td>
</tr>
</tbody>
</table>

- **Inchworms**
- **Elevated Glute**
- **Plank Jacks**
- **Squat Hold**
- **Death March**
- **Push Out**
## Bootcamp
### Day 2 Workout

**Bodyweight**

<table>
<thead>
<tr>
<th>13 Min AMRAP</th>
<th>10 Min AMRAP</th>
<th>4 Min EMOM x3</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 High Knees</td>
<td>30 Weighted Jumping Jacks</td>
<td>Minute 1: Lunges</td>
</tr>
<tr>
<td>5 Squat Jumps</td>
<td>20 Squats (home item)</td>
<td>Minute 2: Chair Dips</td>
</tr>
<tr>
<td>5 each lateral lunges</td>
<td>20 Deadlifts (home item)</td>
<td>Minute 3: Knee Tucks</td>
</tr>
<tr>
<td>10 Incline or Decline Pushups</td>
<td>5 each side single arm thruster</td>
<td>Minute 4: Reverse Fly</td>
</tr>
<tr>
<td>10 each Side Plank Hip Dips</td>
<td>5 each side single leg RDL</td>
<td>Perform each exercise for 1 min</td>
</tr>
<tr>
<td>5 Burpees or Half Burpees</td>
<td>***Use house item for thruster</td>
<td>Do 3 rounds</td>
</tr>
</tbody>
</table>

**Exercises:**
- **Lateral Lunge**
- **Weighted Jack**
- **Knee Tucks**
- **Side Plank Hip Dip**
- **SA Thruster**
- **Reverse Fly**
# Bootcamp

## Day 3 Workout

### Bodyweight

<table>
<thead>
<tr>
<th>12 Min AMRAP</th>
<th>12 Min AMRAP</th>
<th>Tabata (30/10)x4</th>
</tr>
</thead>
<tbody>
<tr>
<td>45 seconds cardio</td>
<td>5 Inchworms to Low Plank</td>
<td>Squat Jumps</td>
</tr>
<tr>
<td>10 each way home item 8’s</td>
<td>5 each leg lunge jump or lunge</td>
<td>Air Squat</td>
</tr>
<tr>
<td>10 each arm single arm arnold</td>
<td>10 each leg donkey kick</td>
<td>Quick Jumps (jump rope)</td>
</tr>
<tr>
<td>30 Steam Engines Slow</td>
<td>10 dead bugs</td>
<td>Step Ups</td>
</tr>
<tr>
<td>10 pushups</td>
<td>10 can hammer curls</td>
<td>***30 sec on/10 sec off</td>
</tr>
<tr>
<td>10 Lying Toe Touches (legs up)</td>
<td>***neutral grip on hammer</td>
<td>Do 4 times through of 30/10</td>
</tr>
</tbody>
</table>

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**Home Item 8’s**

- Hair Brush
- Hammer
- Step Stool
- Paint Brush
- Tennis Racket
- Vacuum
- Socks
- Golf Club

**Donkey Kick**

**Squat Jumps**

**Single Arm Arnold**

**Dead Bugs**

**Step Ups**
# BOOTCAMP

## DAY 1 WORKOUT

### BODYWEIGHT

<table>
<thead>
<tr>
<th>13 MIN AMRAP</th>
<th>12 MIN AMRAP</th>
<th>TABATA (25/10) x4</th>
</tr>
</thead>
<tbody>
<tr>
<td>45 sec cardio (run, jumping jacks, squat jumps, burpees)</td>
<td>50 Quick Jumps (like jump rope)</td>
<td>Jumping Jacks</td>
</tr>
<tr>
<td>15 Shoulder Press (cans)</td>
<td>12 Broom Deadlifts</td>
<td>Knee Tucks</td>
</tr>
<tr>
<td>15 Lying Press (cans)</td>
<td>12 Broom Bent Over Row</td>
<td>Lunges</td>
</tr>
<tr>
<td>15 Lateral Raises (cans)</td>
<td>12 Broom Bicep Curl</td>
<td>Russian Twists</td>
</tr>
<tr>
<td>15 Sec Pushups or Plank Hold</td>
<td>12 Glute Bridge</td>
<td>***25 sec on/10 sec off</td>
</tr>
<tr>
<td>***Can do lying press from floor</td>
<td>12 Supermans</td>
<td>Do 4 times through of 25/10</td>
</tr>
</tbody>
</table>

**Lyng Press**

**Deadlift**

**Knee Tucks**

**Lateral Raises**

**Bent Over Row**

**Russian Twists**
# BOOTCAMP

## DAY 2 WORKOUT

### BODYWEIGHT

<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 Squat Jumps</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 each Around the Head (ball)</td>
<td>8 Deadlifts (slow on way down)</td>
<td>15-12-9</td>
</tr>
<tr>
<td>10 Standing Straight Arm Twist</td>
<td>8 steps each arm grip carry (books)</td>
<td>Pushups, each break in pushups do 3 burpees</td>
</tr>
<tr>
<td>10 sec can front raise hold</td>
<td><strong>Do 21-15-9 first then 15-12-9</strong></td>
<td></td>
</tr>
</tbody>
</table>

**EXERCISES**

- **Cross Raise**
- **Single Leg Deadlift**
- **Overhead Tricep**
- **Around the Head**
- **Grip Carry**
- **Burpees**
# Bootcamp

## Day 3 Workout

**Bodyweight**

<table>
<thead>
<tr>
<th>12 Min AMRAP</th>
<th>12 Min AMRAP</th>
<th>Chipper For Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 Seconds Cardio (run, jump, squat, burpees, etc.)</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 counts as 1)</td>
</tr>
<tr>
<td>***Big arm circles for stretch</td>
<td>10 High Plank Shoulder Taps</td>
<td>Quick Jumps or Jumping Jacks</td>
</tr>
</tbody>
</table>

**Switch Curls**

[Image of switch curls]

**Cat/Cow**

[Image of cat/cow]

**Lunges**

[Image of lunges]

**Snatch**

[Image of snatch]

**Bird Dog**

[Image of bird dog]

**Mountain Climber**

[Image of mountain climber]
**BODYWEIGHT**

**13 MIN AMRAP**
- 20 Jumping Jacks +
- 20 High Knees

**12 MIN AMRAP**
- 40 Steps Farmer Carry

**10 MIN AMRAP**
- 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**

**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

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**BROOM ROW**

**FARMER CARRY**

**ROW**

**DEADLIFT**

**CHAIR DIPS**

**SQUAT JUMP**
BOOTCAMP
DAY 2 WORKOUT

BODYWEIGHT

14 MIN AMRAP
- 45 Sec Cardio (Jumps, High Knees, Burpees, Run, Stairs)
- 16 Can Shoulder Press
- 8 Each Leg Split Squat
- 16 Supermans
- 8 Butterfly Situps

10 MIN AMRAP
- 12 Detergent Swings
- 12 Detergent Halos
- 12 Each Arm Single Arm Swings
- 12 Goblet Squats

4 MIN LEGS/CORE
- 20 Sec Leg Raises
- 20 Sec Single Leg RDL
- 20 Sec Ab Bicycles
- 20 Sec Quick Jumps

- SPLIT SQUAT
- SWINGS
- LEG RAISES
- BUTTERFLY SITUP
- HALO’s
- SINGLE LEG RDL
# BOOTCAMP

## DAY 3 WORKOUT

**BODYWEIGHT**

<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 Seconds Cardio (run, jump, squat, burpees, etc.)</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 Single Leg RDL</td>
<td>Minute 3: Air Squat or Burpee</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>Extra Credit: Run 2 Miles after</td>
</tr>
</tbody>
</table>

**Exercises:**
- **Hang Clean**
- **Sit to Stand**
- **Bird Dogs**
- **Push Press**
- **Switch Planks**
- **Burpees**