# 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>

### Bootcamp Equipment
- Broom Row
- Farmer Carry
- Row
- Deadlift
- Chair Dips
- Squat Jump
## Bootcamp Day 2 Workout

### Home Workout

<table>
<thead>
<tr>
<th>13 Min AMRAP</th>
<th>10 Min AMRAP</th>
<th>Tabata (20/10)x4</th>
</tr>
</thead>
<tbody>
<tr>
<td>45 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)</td>
<td>20 Sec Superman</td>
<td>Quick Jumps</td>
</tr>
<tr>
<td>20 Overhead Tricep Ext</td>
<td>20 Sec Plank Jacks</td>
<td>Single Leg RDL Left Leg</td>
</tr>
<tr>
<td>16 Bent Over Row (Cans)</td>
<td>20 Slow Crunches</td>
<td>Inchworms</td>
</tr>
<tr>
<td>16 Home Item Shoulder Press</td>
<td>10 Deadlift</td>
<td>Single Leg RDL Right Leg</td>
</tr>
<tr>
<td>14 Each Leg Elev. Glute Bridge</td>
<td>10 Squats Plus Knee Lift</td>
<td>***20 sec on/10 sec off Do 4 times through</td>
</tr>
</tbody>
</table>

### Key Exercises

- **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>
<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**

**CAT/COW**

**LUNGES**

**SINGLE ARM SNATCH**

**BIRD DOG**

**MOUNTAIN CLIMBERS**
**BOOTCAMP**

**DAY 1 WORKOUT**

**HOME WORKOUT**

<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, mountain climbers, stairs)</td>
<td>50 Quick Jumps (like jump rope)</td>
<td>Jumping Jacks</td>
</tr>
<tr>
<td>15 Lying Press (Cans)</td>
<td>12 Broom Deadlifts</td>
<td>Knee Tucks</td>
</tr>
<tr>
<td>15 Lateral Raises</td>
<td>12 Broom Bent Over Row</td>
<td>Lunges (forward or reverse)</td>
</tr>
<tr>
<td>15 Sec Pushups or Plank Hold</td>
<td>12 Broom Bicep Curl</td>
<td>Russian Twists</td>
</tr>
<tr>
<td>***Can do lying press on floor</td>
<td>12 Glute Bridge</td>
<td>***25 sec on/10 sec off</td>
</tr>
<tr>
<td></td>
<td>12 Supermans</td>
<td>Do 4 times through of 25/10</td>
</tr>
</tbody>
</table>

**LYING PRESS**

![Lying Press](image1)

**DEADLIFT**

![Deadlift](image2)

**KNEE TUCKS**

![Knee Tucks](image3)

**LATERAL RAISES**

![Lateral Raises](image4)

**BENT OVER ROW**

![Bent Over Row](image5)

**RUSSIAN TWISTS**

![Russian Twists](image6)
# BOOTCAMP

## DAY 2 WORKOUT

### HOME WORKOUT

<table>
<thead>
<tr>
<th>14 MIN AMRAP</th>
<th>10 MIN AMRAP</th>
<th>4 MIN LEGS/CORE</th>
</tr>
</thead>
<tbody>
<tr>
<td>45 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)</td>
<td>12 Detergent Swings</td>
<td>20 Sec Leg Raises</td>
</tr>
<tr>
<td>16 Can Shoulder Press</td>
<td>12 Detergent Halos</td>
<td>20 Sec Single Leg RDL</td>
</tr>
<tr>
<td>8 Each Leg Split Squat</td>
<td>12 Each Arm Single Arm Swings</td>
<td>20 Sec Ab Bicycles</td>
</tr>
<tr>
<td>16 Supermans</td>
<td>12 Goblet Squats</td>
<td>20 Sec Quick Jumps</td>
</tr>
<tr>
<td>8 Butterfly Situps</td>
<td>12 Detergent Russian Twists</td>
<td></td>
</tr>
</tbody>
</table>

- **Split Squat**
- **Swings**
- **Leg Raises**
- **Butterfly Situp**
- **Halos**
- **Single Leg RDL**
# BOOTCAMP

## DAY 3 WORKOUT

### HOME WORKOUT

<table>
<thead>
<tr>
<th>12 MIN AMRAP</th>
<th>12 MIN AMRAP</th>
<th>10 MIN AMRAP</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)</td>
<td>30 High Knees + 30 Butt Kicks</td>
<td>15 Can Bicep Curls</td>
</tr>
<tr>
<td>12 Each Side Low High Chop</td>
<td>10 Slow Air Squats</td>
<td>15 Incline Pushups</td>
</tr>
<tr>
<td>12 Each Leg Chair Step Ups</td>
<td>10 Broom Overhead Squat</td>
<td>15 Push Jumping Jacks</td>
</tr>
<tr>
<td>12 Slow Air Deadlifts</td>
<td>10 Broom Deadlift</td>
<td>15 Each Split Squat Thruster</td>
</tr>
<tr>
<td>10 Wall Angels</td>
<td>***Angels try to keep arms in contact with wall\n</td>
<td>Extra Credit: 30 Burpees</td>
</tr>
</tbody>
</table>

**LOW HIGH CHOP**

**OVERHEAD SQUAT**

**PUSH JACKS**

**STEP UPS**

**WALL ANGELS**

**SPLIT THRUSTER**
# BOOTCAMP
## DAY 1 WORKOUT
### HOME WORKOUT

<table>
<thead>
<tr>
<th>13 MIN AMRAP</th>
<th>12 MIN AMRAP</th>
<th>FOR TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>60 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)</td>
<td>20 JJ or 20 Steam Engines</td>
<td>Reps: 16/14/12/10/8/6/4/2</td>
</tr>
<tr>
<td>20 T Raises</td>
<td>12 Straight Arm Twists</td>
<td>Air Squats or Squat Jumps</td>
</tr>
<tr>
<td>20 Ground to Overhead</td>
<td>12 Each Leg Reverse Lunges</td>
<td>High Plank Leg Raises (each leg counts as 1)</td>
</tr>
<tr>
<td>20 Supermans</td>
<td>12 Book Rows</td>
<td>Laundry Detergent Swings</td>
</tr>
<tr>
<td>20 Backpack Squats</td>
<td>20 Mountain Climbers Fast</td>
<td></td>
</tr>
</tbody>
</table>

***GTO Any House Item

### T RAISES

### STRAIGHT ARM TWIST

### HP LEG RAISES

### GROUND TO OH

### BOOK ROW

### 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

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

### 12 MIN AMRAP
- **Minute 1:** Quick Jumps
  - 30 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)
  - 12 Can Deadlifts
  - 9 Can Hang Clean
  - 6 Can Push Press

### 12 MIN AMRAP
- **Minute 2:** Bird Dogs
  - 5 Slow Incline Pushups
  - 8 Each Leg Chair Sit to Stand
  - 8 Each Leg Forward Lunge

### 12 MIN AMRAP
- **Minute 3:** Max Plank Hold
  - 5 Slow Incline Pushups
  - 8 Each Leg Chair Sit to Stand
  - 8 Each Leg Forward Lunge

### 3 MIN EMOM x3
- **Minute 1:** Quick Jumps
  - 8 Each Leg Chair Sit to Stand
  - 5 Slow Incline Pushups
  - 8 Each Leg Chair Sit to Stand
  - 8 Each Leg Chair Sit to Stand

- **Minute 2:** Bird Dogs
  - 5 Slow Incline Pushups
  - 8 Each Leg Chair Sit to Stand
  - 5 Slow Incline Pushups
  - 8 Each Leg Chair Sit to Stand

- **Minute 3:** Max Plank Hold
  - 5 Slow Incline Pushups
  - 8 Each Leg Chair Sit to Stand
  - 5 Slow Incline Pushups
  - 8 Each Leg Chair Sit to Stand

### 30 Seconds Switch Planks

### Extra Credit: 2 Mile Run/Jog/

### Diagrams:
- **Hang Clean**
- **Sit to Stand**
- **Bird Dogs**
- **Push Press**
- **Switch Planks**
- **Plank**
## Bootcamp Day 1 Workout

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<th>12 Min AMRAP</th>
<th>Tabata 8x20/10</th>
</tr>
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<tbody>
<tr>
<td>60 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)</td>
<td>15 Bicep Curl to Press</td>
<td>Slow Pushups</td>
</tr>
<tr>
<td>10 Can Shoulder Press</td>
<td>15 Jumping Jacks</td>
<td>Cross Mountain Climbers</td>
</tr>
<tr>
<td>10 Cross Raise</td>
<td>15 Each Single Arm Rows</td>
<td>Single Leg Glute Bridge Right</td>
</tr>
<tr>
<td>10 Neutral Shoulder Press (palms in)</td>
<td>15 Jumping Jacks</td>
<td>Single Leg Glute Bridge Left</td>
</tr>
<tr>
<td>10 Home Item Push Out</td>
<td>15 Air Good Mornings</td>
<td>***20 Sec On/10 Sec Off</td>
</tr>
</tbody>
</table>

*Do twice through (4 min total)*

**Cross Raise**

**Single Arm Row**

**Cross Mountain**

**Push Out**

**Good Morning**

**Single Leg Glute**
# HOME WORKOUT

## 13 MIN AMRAP

- 20 High Knees
- 20 Quick Jumps
- 10 Forward Lunges
- 10 Side Lunges
- 10 Each Single Leg Calf Raise

## 10 MIN AMRAP

- 10 Min Jog or Run
- Option 1: Steady Pace for 10 min
- Option 2: 2 Min Fast/Slow for 10
- Air Squat
- Air Deadlift
- Can Front Raise
- Bent Over Can Row

## FOR TIME

- 10 to 1 Reps

---

***10 reps, then 9,8,7, etc to 1***

---

**SIDE LUNGE**

- ![Side Lunge](image)

**RUN**

- ![Run](image)

**FRONT RAISE**

- ![Front Raise](image)

**SINGLE LEG CALF**

- ![Single Leg Calf](image)

**BENT OVER ROW**

- ![Bent Over Row](image)
# BOOTCAMP

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<th>10 MIN AMRAP</th>
</tr>
</thead>
<tbody>
<tr>
<td>60 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)</td>
<td>60 sec cardio (run, jumping jacks, squat jumps, burpees, mountain climbers, stairs)</td>
<td>30 Seconds Wall Sit</td>
</tr>
<tr>
<td>10 Pushups</td>
<td>16 Walking Lunges</td>
<td>30 Seconds Jumping Jacks</td>
</tr>
<tr>
<td>10 Y Raises</td>
<td>8 Squat Jumps</td>
<td>30 Seconds Air Squats</td>
</tr>
<tr>
<td>10 Each Step Ups</td>
<td>8 Deadlifts</td>
<td>30 Seconds Calf Raises</td>
</tr>
<tr>
<td>8 Knee Tucks</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>20 Sec Each Side Plank</td>
<td></td>
</tr>
</tbody>
</table>

- **Y RAISE**
- **SQUAT JUMP**
- **WALL SIT**
- **STEP UPS**
- **KNEE TUCKS**
- **AIR SQUAT**