

Bootcamp Thursday 3/19

*need interval timer and timer (I use Interval Timer – HIIT Workouts on the apple app store, its free!)

Round 1 – 4 workouts, 1 at a time, 20 seconds on : 10 seconds off/rest

4 times through each exercise, as many reps as possible, then onto the next

1. Jump Squats
2. Pushups
3. V-Sits
4. Side to Side hops (feet together, try to just as far as possible)

Round 2 – 4 minutes AMRAP (as many rounds as possible)

4 minutes – 4 exercises x 10 reps each... repeat as many times as possible in 4 minutes

1. Pushups
2. Sit-ups
3. Tuck Jumps (knees to chest, or big marches with alternating knees to chest)

Round 3 – 4 workouts, 1 at a time, 20 seconds on : 10 seconds off/rest

4 times through each exercise, as many reps as possible, then onto the next

1. Jump lunges (alternating left and right)
2. Bicycles (laying on the ground, right elbow to left knee and left elbow to right knee)
3. Alternating right and left planks (on hands, shift weight side to side rotating on toes)
4. Fast Feet (think high school football!)

Round 4 – 4 minutes AMRAP (as many rounds as possible)

4 minutes – 4 exercises x 10 reps each... repeat as many times as possible in 4 minutes

1. Squat + kick (alternating each side, 10 reps total, 5 each leg)
2. Plank jacks (hands/elbows, jump both feet out at once, or tap left and right for each rep)
3. Square jumps (5 rounds clockwise, 5 rounds counterclockwise, 4 corners count for each round)

Round 5 -- 4 workouts, 1 at a time, 20 seconds on : 10 seconds off/rest

4 times through each exercise, as many reps as possible, then onto the next

1. Ski jumps (knees slightly bent, use your arms!)
2. Crossing mountain climbers (right knee to left elbow, left knee to right elbow)
3. Russian twists (no weight necessary, touch the mat with both hands on each side)
4. Crunches (hands behind head or across chest)

Round 6 -- 4 minutes AMRAP (as many rounds as possible)

4 minutes – 4 exercises x 10 reps each... repeat as many times as possible in 4 minutes

1. Shoulder pushups (get into downward dog position, chest to thighs, looking past your feet, bring crown of the head toward the ground, only moving elbows)
2. Squat + Forward Lunge (alternating, 10 reps total, 5 each leg)
3. Leg Drops (lift your hips slightly off the grounds at 90*)

Cool down / Stretching – arms, quads, hamstrings, deep lunges, walkouts like warmup, childs pose, cat/cow from table top position