

WARM UP

Complete each exercise for 30 seconds with no rest in between. Rest 45 seconds after completing entire warm up X 2, then move to stations.

Buttkicks
Jumping Jacks
Plank to a T
Lunge hops (right leg)
Inchworm to pushup
Lunge hops (left leg)
Plank to pike
180* squat jumps

STATIONS

Perform all 4 exercises for 45 seconds each with a 10 second rest in between. Rest 30 seconds between each station. Repeat entire circuit X 2 before moving on to the "Bootcamp Burn Out".
Rest 45 seconds.

Cardio	Upper Body
Ski Jumps Mountain Climbers Air Squats Plank Jacks	Squat to Shoulder Press Deltoid Raises Bicep Curl to High Pull Tricep Extensions
Lower Body	Core
Weighted Pogo Hop (Right Leg) Weighted Pogo Hop (Left Leg) Lunge with Weight Pull Through Bridge with Weight	Side Plank Hip Dips (Right) Side Plank Hip Dips (Left) Reverse Plank Dips 90* Toe Touches

BOOTCAMP BURN OUT

Do specified exercise for 20 seconds, then rest for 10. Repeat this X 8.
1 Round of Tabata: Burpees

COOLDOWN AND STRETCH: 4 MIN.

Total Time: 49 MIN.