

## 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.

<b>Cardio</b>	<b>Upper Body</b>
Squat Jumps Mountain Climbers Side to Side Lunge Shuffle Plank Jacks	Squat to Shoulder Press Deltoid Raises In and Out Bicep Curls Tricep Dips
<b>Lower Body</b>	<b>Core</b>
Weighted Walking Lunges Sumo Squats with Calf Raises Side to Side Lunge Weighted Bridge	Plank Hip Dips Bicycle Crunches Reverse Crunches Lying Toe Touches

## BOOTCAMP BURN OUT

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

**COOLDOWN AND STRETCH:** 4 MIN.

Total Time: 49 MIN.