

Boot Camp Challenge for Saturday, April 27th, 2019!

Note: This is a body weight work out, so no equipment is necessary. You may need a mat, a towel, and water! Please feel free to modify this work out and avoid plyometrics if you need low impact. You can replace burpees, with walk out inchworms, replace jump squats with fast squats, replace lunge plyos with regular lunges etc. Make sure to eat a small something an hour before this work out.

- 1) **Jen Warm-up:** jog, laterals, kick butts, torso rotation, hip circles, lateral reaches shifting weight, straight leg toe touches, runner's stretches, squat with back extensions, 2 inchworms, & 20 push-ups.
- 2) **Circuit #1:** 30 sec. Jumping Jacks & 30 sec. Plank hold. 30 sec. Jumping Jack squat downs, & 30 sec. Plank hold with 1 leg out -15 sec each leg. 30 sec. Jumping Jack Burpees & 30 sec. Plank hold with opposite arm and leg extended out – 15 sec. each hold.
- 3) **Circuit #2:** 20 sec. lateral leaps, followed by 20 sec. of power lateral leaps. 20 push-ups. 20 sec. alternating reverse lunges, followed by 20 sec. lunge plyos. 20 T-push-ups.
- 4) **Circuit #3:** 10 squats & 1 push-up, 9 squats & 2 push-ups, 8 squats & 3 push-ups, 7 squats & 4 push-ups, 6 squats & 5 push-ups, 5 squats & 6 push-ups, 4 squats & 7 push-ups, 3 squats & 8 push-ups, 2 squats & 9 push-ups, 1 squat and 10 push-ups.
- 5) **Circuit #4:** Single leg squatting storks 20 x's L, 20x's R. Mountain Climbers for 30 sec. Repeat sequence. Bird dog hold 30 sec L, 30 sec R. Jack planks for 30 sec. Repeat sequence.
- 6) **Circuit #5:** Tricep dips 20x's. Jog in place 30 sec, run in place 20 sec. Sprint in place 10 sec. Repeat sequence.
- 7) **Circuit #6:** Squats w/ leg raises 20x's L, 20x's R. Sumo squat jumps 20x's. Repeat sequence. Side plank hold 30 sec. L, then R.
- 8) **Circuit #7:** Sea Turtles 30 sec. Iron man hold 30 sec. Superman hold 30 sec. Floor bridge hold 30 sec. Repeat sequence.
- 9) **Circuit #8:** Stretch – child pose, hip flexor runner's stretch, cat/cows, calf stretches, quad stretches, back extensions, cobras & downdogs.

You did it! Congratulations! Text me a picture of your sweaty face!

