

## **Bootcamp Week 3 Day 3 (Arms & Abs)**

5 Minute Warm-up

### **Circuit 1 Repeat 2x**

1min Plank

55sec Mountain Climbers (Vary foot position)

40sec Flutter Kicks

30sec Plank ½ jacks (each side)

30sec Full body Fly's (on back light weights if needed)

25sec ½ burpees

20sec ¾ leg lifts

### **Sprints 50-50-40-40-20-20**

### **Circuit 2 Repeat 2x**

1min Plank

50sec Wide Leg Situps

45sec Airplane abs (Legs up Body Back Twist)

40sec Side Plank Up & Out Crunches (Side, and Front Crunches)

35sec Flutter Kick Crunches (Full Flutter Kicks with Crunch at top)

30sec In & Out Legs (Full reps knees to chest)

25sec V-Up

25sec Bicycle Crunches

40sec Pike position

### **2 laps Sprint Straights walk curves**

### **Circuit 3 Repeat 2x**

30sec Pushups

20sec Pike Pushups

30sec Plank to Pushup

30sec Stomach Snow Angels

1minute Arm Circles (Forward)

45sec Arm Circles (Reverse)

30sec Flap Wings (Lateral Arms, Palms Forward)

### **Circuit 4 Repeat 2x**

40sec Tricep Dips on bench

30sec Pushups (assisted on bench if needed)

20sec Plank to pushups

20sec Pike Position