



## **Bootcamp day 3 “Upperbody & Core”**

### **Break Everyone Up Into Small Groups**

#### **[GROUP 1] Circuit 1 (4 rounds) 30sec work 10 sec rest**

Side Plank On Palms Lateral Raises 10 reps each side

Side Plank 10 Hip touches

10 Pushups

**\*\*In between Groups:** (drop to the ground and do core circuit before moving on)

35sec Pike Position

30sec Plank to Palms

20sec Side Plank Hip Touch

10sec Jump Squats

10sec Mountain climbers

#### **[Group 2] Circuit 2 (4 rounds) 30sec work 10 sec rest**

Rear Delt Fly's on TRX

Lateral Hand Shuffles (bosu) or Assisted Pushups on Bosu

Jump Squats/ Bodyweight Squats

**\*\*In between Groups:** (drop to the ground and do core circuit before moving on)

35sec Bicycle Crunches

30sec ½ Burpies

Plank to palms 25sec

25sec Side Plank Lateral Leg Raises 20sec each side

20sec Pushups

15sec Pike Position

#### **[Group 3] Circuit 3 (4 rounds) 30sec work 10 sec rest**

Trap Fly's With Resistance Bands

Low Rows With Resistance Bands

Sand Bag Clean and Jerk

### **Final Workouts**

15 yard Bear Crawls Forward & Back (5 Pushups Each 5 cone) 2x

Jump Squats 10reps 2x

Burpies 10 reps

Jumping Jacks 25 reps

**Complete ½ mile as fast as possible!**