



**Bootcamp Week 2, Day 2 (6/10/14)**  
**Core Focus with Butt and Legs Minor.**

5 minute warm-up

**3 Circuits in relay fashion** ( 2 teams make your way to the end complete each station)

**30sec switch no rest between**

Hip Popups Single Leg (each side)

Partner plank Hi-5 (alternating hands)

Bodyweight Squats onto calves

Sprint/ Jog 25 yards

**Circuit 1 (Station 1)** 1min 30sec each circuit 15 sec to next circuit (switch every 30 sec)

Bosu Burpies. Hop On-Hop up hop off.

Lateral Shuffle on bosu

Power Lunges (2 or 3lb Weights)

**Circuit 2 (station 2)** 1min 30sec each circuit 15 sec to next circuit (switch every 30 sec)

Pushup position Lateral Walks (with band around hands if needed)

4point hop overs w/ 5 quick Jumps

Burpie's into long jump

**Circuit 3 (Station 3)** 1min 30sec each circuit 15 sec to next circuit (switch every 30 sec)

Sandbag Squats on forearms

Power Lunges w/ Sandbag

Bodyweight Squats with 6lb Med Ball Overhead

**Ending workouts:** (These workouts are for groups who finished while waiting)

**30 sec each exercise**

Jumping Lunges

Jumping Jacks

Jump Squats

**Circle Up Finish off 2 rounds** (30sec each 10 sec to switch)

Bodyweight Squats w/ Hold on bottom (3 sec each)

Lateral Squat Hop (hop left hop right)

Lunge w Kick

Heels to the Sky (all 4's) each side

Stomach Snow Angels