

Bootcamp Week 4 Day 4 (Butt, Hips & Legs with Core)

Circuit 1 (2 Rounds) (No more than 10 minutes for both rounds)

25 Jumping Jacks
15 Body Weight Squats to toes (low)
25 Jumping Jacks
20 Lunges (20 forward)
20 Lunges (20 Backwards)
15 Jump Squats (low)
15 Bodyweight Squats 5sec pause in squat)
10 Lateral Lunges (Each Side)

Walk/ Run 2 (¼ mile laps, total of ½ mile) If you walk add 10squats 20 jumping jacks in between each lap.

Circuit 2 (2 rounds) (No more than 10 minutes for both rounds)

20 Sumo Squats
10 Lateral Long Jumps (left & right total 20)
20 Body Weight Squats to Calf Raises
40 Jumping Jacks
20sec Running Lunges
20sec Lateral Line Jumps
10 ½ Squat Jumps (Jump High)
20 Standing Single Leg Kick Backs (each side)

Walk/ Run 2 (¼ mile laps, total of ½ mile)

Circle up core time

35sec per exercise repeat 2x

In & Out Legs (advanced use no hands)
Flutter Kicks
Bicycle (basic is just legs)
Single Leg V Up (opposite Hand)
Double Leg V Up
Single Leg Hip Popups
Plank (advanced does Plank on palms with Spiderman knees)
Pike Position (Or Beginners do Rev Crunches)
Oblique Crunches (each side)
Mountain Climbers (Beginners Plank Position)
Supermans (As many slow reps as you can in time each rep hold 2sec minimum)