

### **Bootcamp workout 1 (Assessment legs/lower back/ 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 (10 forward & 10 back)  
15 Jump Squats (low)  
15 Bodyweight Squats 5sec pause in squat)  
10 Rev Lunges

**Walk/ Run 2** ( $\frac{1}{4}$  mile laps, total of  $\frac{1}{2}$  mile) If you walk add 10 squats 20 jumping jacks in between each lap.

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

20 Sumo Squats  
20 Bodyweight Squats  
20 hop popups (hold)  
10 yard shuffle squats  
20 BW squats to calf raises  
40 Jumping Jacks  
20 Shuffle lunges  
15 Hip Popups  
20 lying on stomach single leg raises (glutes)

**Walk/ Run 2** ( $\frac{1}{4}$  mile laps, total of  $\frac{1}{2}$  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)