

Bootcamp day 2 “Core Focus”

5 Min warm up*

Circuit 1 (3 rounds)

Lying on stomach Rev Leg lifts 10 each leg
¾ On Side Leg Raises (glute medius) 10 each leg

Circuit 2 (2 rounds)

Rev Flutter Kicks 10 each leg (20 total)
All 4’s heels to sky 10 each leg (20 total)

Circuit 3 (2 rounds)

Burpies ½ reps (Pushup to Leap Frog) 10 reps
Spiderman Pushups 10 reps each side (20 total)
Pike Position 15 (Hold)

10-20-30-40-50 yard sprints (walk back)

Abs (Timer set 35 sec work 5-10 sec rest)

V-up
Straight Leg Raises
Flutter kicks
Spiderman Obliques (on Palms)
Plank to palms
Pike Position (Hold)
Jumping Jacks
Bicycle Crunches (fast)
Straight Leg Raises
Side Planks 2x (1 each side)
Hip touches 2x (1 each side)
Flutter Kicks
Pike Position
Spider Man Obliques
Crunches (fast as possible)

***If Possible* Complete ½ mile as fast as possible do ½ mile cool down after!**