

BOOTCAMP 7



INSPIRE ONE WELLNESS

simple. whole. health.

Warm Up: 7 Minutes

Jog :30

BK :30

Heel Tap :30

Arm Reach :30

Jumping Jacks :30

Lunge :30 sec (each leg)

Lunge w/Kick :30 (each leg)

Squat with front raise/press :30

Skater Side Step :30

HK :30

Quick feet :30

Jog :30

Circuit #1 (Repeat 2x, Rest :30 after each round)

Sumo Squats :30 (Legs)

Plank to T Push Ups :30 (Chest)

DB Goblet Squats :30 (Legs)

Squat Frontal DB Swing :30 (Legs/Delts)

Plank Alt Rows :30 (Core/Back)

Plank :30 (Core)

Band Squat w/ OH Press :30 (Delts)

Plank :30 (Core)

Plank T Rotation :30 (Core)

Circuit #2 (Repeat 2x, Rest :30 after each round)

Skater Hop Side to Side :30 (Cardio/Legs)

SB Concentration Curls :30 (Biceps)

SB OH Tricep Extension :30 (Triceps)

DB Wood Chop (Back/Core) :30

Balance Lat Swing (Thigh/Delt)

High Knees (Cardio) :30

Tabata Circuit #1 (Repeat 2x, 20sec/10sec rest, rest one minute between #1/#2)

#1 Hamstring Curl on SB

#2 Star Jump

#3 Roll Up on SB

#4 Jump Rope

Tabata Circuit #2 (Repeat 2x, 20sec/10sec rest, rest one minute between #1/#2)

#1 Curtsie Lunge w/OH Press

#2 Burpees

#3 Sumo Squat w/Bicep Curls

#4 Mt. Climbers

Circuit #3 (Finish Round - 100 Upper Body REPS/rest 1:00/repeat 2X)

15 OH Press

15 Tricep Kickbacks

15 Reverse Preacher Curl

15 Shrug

15 Shoulder Rotation

15 SB Flys

10 SB Pullovers

Cool Down: 5 Minutes



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