

Body & Soul

Boot Camp

Kicking your butt ... in love

Cardio

1. High Knees
2. Jacks
3. Mountain Climbers
4. Step Ups (use a chair or step)
5. Shuffle (across the room)
6. Burpee
7. Jump Squats
8. Scissors

Upper Body

1. Dips (chair)
2. Push Ups
3. Arm Circles (hold tight- forward)
4. Arm Circles (backward)
5. Plyo Push Ups (knees- drop -explode up)
6. Bear Crawls (around the room)
7. Tricep Push Ups (elbows back)
8. Plank walks (out & In)

Lower Body

1. Lunges
2. Single Leg Deadlift
3. Squats
4. Calf Raises
5. Curtsy Lunge (step behind)
6. Bridge Pulses (squeeze butt)
7. Side Lunge
8. Donkey Kicks

Core

1. Plank
2. Russian Twists
3. Scissors (lay on back)
4. Crunches
5. Superman (lay on tummy)
6. Side Plank (elbow or hand)
7. V-Ups
8. Gut Busters (hold legs 6 inches up)