



Name : **Killer Boot Camp-Remember to stretch at the end for 5min**

Date : 12-8-2020

Consultant : Lisa Niglia

Jog OTS or your choice				Squat & Press				Lunge				Push up Variety: wide, close & diamond Hands			
Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight
1	5min			X3	20			X3	15ea			X3	10		
Cardio your choice or Alt Knee Thrust				Side sumo lunge				Side leg raise				Butt Lift single leg			
Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight
2	2min			X3	20ea			X3	15ea			X3	10ea		
TABATA Cardio Round				Burpee				Squat Side Kick				Horizontal Run			
Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight
2	20sec			2	20sec			2	20sec			2	20sec		