

Your Training Sessions

Circuits A - I

Circuit A	Circuit B	Circuit C	Circuit D
Warm up	Warm up	Warm up	Warm up
<p>As many rounds as possible in 21 mins</p> <p>10 Squats 10 Press ups 10 Squat thrusts 10 shoulder press 50 Kettle bell Swings</p>	<p>4 Rounds of:</p> <p>1min Squats 1 min Sumo High Pull 1 min KB Swings 1 min Skipping 1 min Hand walkouts 1 min rest 1min of 10m Shuttles</p> <p>1 min rest between sets</p>	<p>6 rounds of:</p> <p>12 x 5m shuttle runs</p> <p>12 x GS Burpees</p> <p>Followed by 6 rounds of:</p> <p>20 secs ½ sits 10 sec rest</p>	<p>100 Skips 21 Thrusters 21 Burpees 21 Hand walkouts 100 Skips 15 Thrusters 15 Burpees 15 Hand walkouts 100 Skips 9 Thrusters 9 Burpees 9 Hand walkouts</p>
3 x 40 sec plank	3 x 40 sec plank	3 x 40 sec plank	10 X Turkish Get ups, each arm
Cool down & stretch	Cool down & stretch	Cool down & stretch	Cool down & stretch



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Your Training Sessions

Circuits A - H

Circuit E	Circuit F	Circuit G	Circuit H	
Warm up	Warm up	Warm up	Warm up	
<p>6 Rounds of:</p> <p>20 x Manmakers 10 x Squat Thrusts 10 x Squats 10 x Weighted step ups</p> <p>Followed by 6 rounds of:</p> <p>20 secs ½ sits 10 sec rest</p>	<p>Death by Burpee: 1 burpee in min 1 2 burpee in min 2 3 burpee in min 3 Etc etc Until you can no longer complete the burpees</p> <p>2 rounds of: 100 Skips 50 x Walking lunges 10 x Press ups</p>	<p>Build a burpee: 100 Squat jumps 75 Squat Thrusts 50 Press Ups 25 GS Burpees</p>	<p>1 High Pull 2 Swings 3 Squats 4 Plank</p>	
			Work	Rest
			15 Secs	45 Secs
			30 Secs	30 Secs
			45 Secs	15 Secs
			60 Secs	60 Secs
			45 Secs	15 Secs
			30 Secs	30 Secs
			15 Secs	45 Secs
3 x 50 sec plank	3 x 50 sec plank	3 x 60 sec plank	10 X Turkish Get ups, each arm	
Cool down & stretch	Cool down & stretch	Cool down & stretch	Cool down & stretch	



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Your Training Sessions

Cardio A - E

Cardio A	Cardio B
Warm up	Warm up
Maintain a constant moderate pace for 40 – 45 mins, RPE 4-5	10 mins steady, RPE 5-6 5 mins fast, RPE 7-8 10 mins steady, RPE 5-6 5 mins fast, RPE 7-8 10 mins steady, RPE 5-6 5 mins fast, RPE 7-8
3 x 40 sec plank	3 x 40 sec plank
Cool down & stretch	Cool down & stretch

RPE	Description
1	Very easy pace
2	-
3	Easy pace
4	-
5	Moderate pace
6	-
7	-
8	Moderately hard pace
9	-
10	Extremely hard pace



Your Training Sessions

Cardio A - E

Cardio C	Cardio D	Cardio E
Warm up	Warm up	Warm up
Choose – 5K row, RPE 6 Or 8 mile bike, RPE 6 Or 1 mile swim, RPE 6	10 mins steady state row, RPE 6 8 lots of: 20 Sec RPE 9 10 Sec RPE 4 10 mins steady state row, RPE 6	Time trial: Choose: 5k row or 1.5 Mile swim Or 12k Bike Complete as fast as possible
3 x 40 sec plank	3 x 40 sec plank	3 x 40 sec plank
Cool down & stretch	Cool down & stretch	Cool down & stretch

