

# 30 Day Boot-Camp Challenge

## **Workout 1**

### **Squats**

1. Stand with your feet hip-width apart, place your hands on your hips
2. Keeping your weight in your heels, press your tush back as you squat down as low as is comfortable.
3. Using your thighs (not your knees) press back up into standing and squeeze your tush at the very top (this will help activate and strengthen your tush)
4. Repeat

### **Pushups**

1. Start face down on the ground, place your hands on either side of your chest
2. Keep your shoulders pulled away from your ears, your elbows tight to your body
3. Curl your toes under and squeeze your legs so that your knees come off the floor
4. Pull your belly in tight, inhale and on the exhalation press up into a high plank
5. Your feet can come together or keep them wide
6. With a flat back, release down, trying to get your chest towards the ground as far as you can
7. Exhale as you push back up to the top of the movement
8. Repeat

Tips: Keep your head and neck relaxed, your eyes should gaze about 6-10 inches in front of you (this will keep your back flat – staring down at the ground causes your back to round)

### **Plank**

1. Start face down on the ground, place your hands on either side of your chest
2. Keep your shoulders pulled away from your ears, your elbows tight to your body
3. Curl your toes under and squeeze your legs so that your knees come off the floor
4. Pull your belly in tight, inhale and on the exhalation press up into a high plank
5. Your feet can come together or keep them wide
6. Keep your shoulders down away from your ears and engage your shoulder blades so they are slightly pulling toward each other
7. Keep your belly up nice and tight, keep your hips down
8. Breathe.

## **Cardio Blast 1**

### **Jumping Jacks**

1. Stand with your feet together and hands at your side
2. Jump your legs apart wide as you bring your arms out to the side and above your head
3. Repeat

### **Touch the Ground Jump Squats**

1. Stand with feet shoulder-width apart, hands in guard position.
2. Bend your knees and touch your fingers to the ground.
3. Straighten legs to standing and jump in the air, bringing arms over head.

# 30 Day Boot-Camp Challenge

## High Knees

1. Stand with feet hip width apart
2. Keeping your torso tall, alternate bringing your knees up high in front of you
3. A left and a right is a one count
4. Move quickly to increase the intensity

## Workout 2

### Superstars

1. Start down low, with feet together, knees bent and hands in front of you
2. Explode, jumping your feet off the ground and extend your arms out wide – like a star
3. Land softly down in the starting position, repeat
4. Tips – keeps hips back to protect the knees

### Alternating Rear Lunges

1. Stand with your feet together, knees bent
2. Step your right foot back, dropping your front knee to a 90 degree angle as you bend your back knee towards the ground
3. Press up with your front leg as you bring your rear leg back up
4. Repeat on the other side – then alternate back and forth

### Inchworm

1. This is a powerful stretch for your hamstrings, so go slow, and don't round your back.
2. Bend over and place your hands on the ground
3. With a generous bend in your knees walk your hands out until you are in a plank position
4. Keep your back flat, pause
5. Walk your hands back to your feet, stand, repeat

## Cardio Blast 2

### Exploding Lunges

1. Start by standing with feet shoulder width apart. Next, step forward with your right foot. This is the starting position.
2. Begin exercise by lowering body down until your forward thigh (right thigh) is parallel to the ground and back knee is almost touching the ground. As soon as you reach this point, explode back up and alternate leg positions in the air.
3. As you land drop back down into the lunge and then explode back up and switch feet positions again. Repeat.

### Happy Feet

1. Start in an athletic position with your **feet** shoulder-width apart and your hips low
2. Push through the balls of your **feet** and run in place quickly.

### Front Kicks

# 30 Day Boot-Camp Challenge

1. Stand with feet apart, knees slightly bent
2. Bring right knee up above belly button and snap the right leg out into a front kick
3. Replace to start, and repeat on the left side

## **Core Workout 1**

### **Mountain Climbers**

1. Brace your abs. Start in the top of the push-up position.
2. Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your chest. Do not let your hips sag or rotate.
3. Keep your abs braced and slowly return your leg to the start position.
4. Alternate sides until you complete all of the required repetitions

### **Bicycles**

1. Lay on your back, knees bent, feet flat on ground
2. Place hands behind head
3. Lift shoulders and head off the ground, lift feet off ground
4. Rotate your torso to the right so that your left elbow and right knee in the middle of your torso (this is the start position)
5. Keep left leg straight out, about 18 inches off the ground
6. Keeping abs tight, lift and rotate torso so the opposite elbow and knee aim towards each other in the middle - extend free leg
7. Repeat on the other side.

### **Superpeople**

1. Lay face down on the ground, legs and arms straight
2. Squeezing your body tightly, lift your arms and legs at the same time and slightly hold at the top for a 1 count
3. Return your arms and legs softly to the ground
4. Repeat

### **Flutter Kicks**

1. Lie down with hands under tush, palms facing down
2. Lift head slightly off the ground as you lift your feet 2-3 feet off the floor
3. Start scissor kicks – keeping feet 2-3 feet off the floor at all times

(\*\*if this bothers your neck, drop your head to the ground\*\*)

## **Workout 3**

### **Squats**

1. Stand with your feet hip-width apart, place your hands on your hips
2. Keeping your weight in your heels, press your tush back as you squat down as low as is comfortable.
3. Using your thighs (not your knees) press back up into standing and squeeze your tush at the very top (this will help activate and strengthen your tush)
4. Repeat

# 30 Day Boot-Camp Challenge

## Pushups

1. Start face down on the ground, place your hands on either side of your chese
2. Keep your shoulders pulled away from your ears, your elbows tight to your body
3. Curl your toes under and squeeze your legs so that your knees come off the floor
4. Pull your belly in tight, inhale and on the exhalation press up into a high plank
5. Your feet can come together or keep them wide
6. With a flat back, release down, trying to get your chest towards the ground as far as you can
7. Exhale as you push back up to the top of the movement
8. Repeat

Tips: Keep your head and neck relaxed, your eyes should gaze about 6-10 inches in front of you (this will keep your back flat – staring down at the ground causes your back to round)

## Plank

1. Start face down on the ground, place your hands on either side of your chese
2. Keep your shoulders pulled away from your ears, your elbows tight to your body
3. Curl your toes under and squeeze your legs so that your knees come off the floor
4. Pull your belly in tight, inhale and on the exhalation press up into a high plank
5. Your feet can come together or keep them wide
6. Keep your shoulders down away from your ears and engage your shoulder blades so they are slightly pulling toward each other
7. Keep your belly up nice and tight, keep your hips down
8. Breathe.

## Superstars

1. Start down low, with feet together, knees bent and hands in front of you
2. Explode, jumping your feet off the ground and extend your arms out wide – like a star
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4. Tips – keeps hips back to protect the knees

## Exploding Lunges

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3. As you land drop back down into the lunge and then explode back up and switch feet positions again. Repeat.

## Workout 4

## Superstars

1. Start down low, with feet together, knees bent and hands in front of you
2. Explode, jumping your feet off the ground and extend your arms out wide – like a star
3. Land softly down in the starting position, repeat
4. Tips – keeps hips back to protect the knees

# 30 Day Boot-Camp Challenge

## Alternating Rear Lunges

1. Stand with your feet together, knees bent
2. Step your right foot back, dropping your front knee to a 90 degree angle as you bend your back knee towards the ground
3. Press up with your front leg as you bring your rear leg back up
4. Repeat on the other side – then alternate back and forth

## Inchworm

1. This is a powerful stretch for your hamstrings, so go slow, and don't round your back.
2. Bend over and place your hands on the ground
3. With a generous bend in your knees walk your hands out until you are in a plank position
4. Keep your back flat, pause
5. Walk your hands back to your feet, stand, repeat

## Crab Dips

1. Sit on the floor with your knees bent, heels on the floor (toes up) and your hands on the ground under your shoulders with elbows bent – fingers facing towards your tush
2. With abs engaged straighten your arms, squeeze at the top
3. Release and lower yourself back to the ground, bending your elbows as you touch the ground
4. Once your tush touches the ground, immediately straighten your arms again
5. Repeat

## Hip Lifts

1. Lay on the ground with your knees bent, feet flat and your arms down at your sides with your palms down
2. Straighten your right leg, locking it out at the knee and keeping it next to your left knee
3. Squeeze your tush as you press your hips up nice and high to the ceiling
4. Release and bring your hips down, tush back on the floor
5. Repeat on this side until you've completed all of the repetitions
6. Switch sides

## Workout 5

### Half Jumping Jacks

1. Begin in standing position
2. Jump up, spread legs and bring arms up halfway, return to start

### Spades Pushups

1. Get into a high plank
2. Place hands under chest, thumbs and pointer fingers forming a diamond – the tips can be touching or far apart
3. Keep body straight and lower chest to floor (don't be surprised if you can't get your chest very far down)
4. Return to starting position

# 30 Day Boot-Camp Challenge

## Stationary Lunges

1. Step into lunge position until front thigh is parallel to floor
2. Keep feet stationary and bring pelvis straight down to floor
3. Squeeze legs and press straight up

## Side Leg Lifts

1. Lie on your side, rest head in hands
2. Stack feet on top of each other, feet flexed
3. Slowly lift top leg up about 2 feet and back down

## Kick Backs

1. Begin on floor on all fours
2. Kick one foot back, heel pressing to the sky (keep your foot flexed) until thigh is parallel to the ground
3. Squeeze your butt as you pause at the top for 3 seconds and slowly return to start

## Tripod Hover

1. Begin in a high plank, with legs spread
2. Release one hand and place on your lower back
3. Hold for 30 seconds
4. Slowly switch hands

## Just Abs 1

### Reach Ups

1. Start on your back with arms and legs pointing towards sky or ceiling
2. Curl upper body and reach for toes with outstretched arms
3. Slowly return to starting position - stay slow and controlled!

### Side Cross

1. Lay down on your side
2. Using your elbow and forearm for support, lift your hips off the ground
3. Extend opposite arm to the sky
4. Tighten middle body to maintain well-aligned posture
5. Hold for 30 seconds

### Flutter Kicks

1. Lie down with hands under tush, palms facing down
2. Lift head slightly off the ground as you lift your feet 2-3 feet off the floor
3. Start scissor kicks – keeping feet 2-3 feet off the floor at all times  
(\*\*if this bothers your neck, drop your head to the ground\*\*)

# 30 Day Boot-Camp Challenge

## Reach Throughs

1. Lie on your back with your knees slightly bent and your feet about 2 feet apart
2. Extend arms towards knees
3. Curl body up and reach hands between legs
4. Slowly return to start position – do not swing arms

## **Workout 6**

### Burpees with Jumping Jack

1. Stand with your feet hip-width apart, arms above your head
2. Quickly bend over placing your hands flat on the ground
3. Bracing your abs, jump your feet back together so you are in a high plank
4. Immediately hop your feet back to your hands
5. As you come up do a jumping jack

**\*\*If this is too intense drop the Burpee and do Jumping Jacks**

### Squat Pulse

1. Stand with your feet hip-width apart, place your hands on your hips
2. Keeping your weight in your heels, press your tush back as you squat down
3. Using your thighs (not your knees) to pulse 5 times

### Pushups

1. Start face down on the ground, place your hands on either side of your chest
2. Keep your shoulders pulled away from your ears, your elbows tight to your body
3. Curl your toes under and squeeze your legs so that your knees come off the floor
4. Pull your belly in tight, inhale and on the exhalation press up into a high plank
5. Your feet can come together or keep them wide
6. With a flat back, release down, trying to get your chest towards the ground as far as you can
7. Exhale as you push back up to the top of the movement

**Tips:** Keep your head and neck relaxed, your eyes should gaze about 6-10 inches in front of you (this will keep your back flat – staring down at the ground causes your back to round)

### Jump Lunges

1. Start with your feet apart about 24 inches apart with the left foot in front and right foot in rear – a wide stance will help create a solid base – bend your knees so you are in a low lunge position
2. Pushing off with the front leg, jump up in the air and switch feet, landing again in that low lunge now with your right foot in front and your left foot in the rear
3. Continue switching legs in midair and landing softly in that lunge position

**\*If this is too intense, eliminate the jump and do alternating rear lunges**

# 30 Day Boot-Camp Challenge

## **Core Workout 2**

### **Single Leg Lunge to Knee Up**

1. Stand tall with your abs engaged, hands behind head (keep chin lifted, elbows wide, chest open)
2. Lunge back with your right leg, bending both legs as you drop down
3. Push your weight to the front heel and stand back up, balancing as you bring your right knee up to a 90 degree angle in front
4. Repeat for 20 reps before switching to the other leg

### **Triangle**

1. In a triangle pose have your right foot pointing forward and your left foot behind at 90 degrees
2. Square your hips, keep tush and abs tight
3. Extend your arms out from your body, turn your head to the right, gaze following your right arm extended over your right foot, and keeping your left arm over left foot
4. Bend at the hips and try to touch down towards the top of your foot, inhale
5. Exhale as you return to the starting position – keeping abs tight
6. Repeat for 20 reps before switching to the other side

### **Flutter Abs**

1. Lay on your back
2. Lift shoulder blades and legs off the ground, keeping your arms at your sides, fingers pointing towards your feet
3. Point your toes, lock out your knees and alternate your legs as you flutter kick (keep those feet from touching the ground)

### **Tuck and Reach**

1. Begin on all fours
2. Extend your right arm forward and your left leg back
3. Stabilize and balance yourself in this position
4. Crunch your right elbow into your left knee, squeeze your abs and then keeping your abs tight, extend your right arm and left leg back to starting position
5. Repeat for 20 reps before switching to the other side.

*You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself.*