

**NUTRIFITNESS  
INTERVAL TRAINING WORKOUT 1**

<b>WARM-UP</b>
<i>Warm-up</i>
<b>WORKOUT</b>
<b>WORKOUT</b> Jump rope 30 seconds, rest 30 seconds Jump rope 40 seconds, rest 40 seconds Jump rope 50 seconds, rest 50 seconds Jump rope 60 seconds, rest 60 seconds 30 second squat thrusts, rest 30 seconds Repeat 30 second squat thrusts 4 times  30 second mountain climbers 30 second plank 40 second mountain climbers 40 second plank 50 second mountain climbers 50 second plank 60 second mountain climbers 60 second plank Rest 2 minutes, repeat 3 times
<b>COOLDOWN</b>
<i>Stretch</i>



**BETH MID FITNESS  
MORE FULL BODY COMBO**

<b>WARM-UP</b>
<i>Warm-up</i>
<b>WORKOUT</b>
<p><b>WORKOUT</b> – repeat each group of exercises 3 times</p> <p>20 alternating supine DB pullovers (keep opposite arm up) - light 20 alternating supine DB chest flyes (keep opposite arm up) - light 20 alternating supine DB pullovers (keep opposite arm up) - heavy 20 alternating supine DB chest flyes (keep opposite arm up) – heavy 20 rows on TRX, Lebert equalizer or playground swing or bar, etc 20 slow heavy biceps curls 20 slow squats     Run 1/8-1/4 mile and repeat</p> <p>8 cycles of Tabata squats (20 seconds on, 10 seconds rest) 20 clean and presses 20 1-leg standing weighted leg extension (DB above knee, leg at 90 degree angle), repeat other side 20 jumps to curb 20 each side pendulum swings     Run 1/8-1/4 mile and repeat</p> <p>“My AB circuit” (each camper calls out their favorite ab drill at 45 seconds each (repeat the cycle depending on number of people)</p>
<b>COOLDOWN</b>
<i>Stretch</i>



**LADIES FITNESS BOOT CAMP  
T.G.I.F.**

**WARM-UP**

*Warm-up*

**WORKOUT**

**WORKOUT** 50 minutes. (When the time is up you will stop the program).

Set 1 - Set up 2 cones 30 yards apart. do for 6 min

Turkish get-ups/run - Start laying on back, roll forward and get up without using your hands and run to cone and back

Set 2 - Do each for 1 min each side on curb or bench 3 times

Jump up/ step down / Step up knee jab

Step down ( stand on bench or curb and step foot down)

Set 3 - do with cones in set 1 for 6 min

Run to cone sprint back - 1 push up, next is 2 push up, next is 3 push up, so on.....

Set 4 - do for 1 min each side 3 times

One leg squat off curb or bench

Set 5 - do with cones in set 1 for 6 min

Run to cone sprint back - 1 burpee, next is 2 burpees, next is 3 burpees, so on.....

**BUTTS AND ABS - 10 minutes**

**Butts** - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

One leg Mt. Climber - L

One leg Mt. Climber - R

**Abs** - You will do each of these for 1 minute each

"My Favorite" Over head toe touches

Up and Overs

Knee Tucks

**COOLDOWN**

*Stretch*

