

Fitness Revolution Boot Camp
45 – 15

Complete the Upper Body Blast 2 consecutive times before moving on to the Lower Body Blast, which you will also complete consecutive times. Complete each movement for 45 seconds/prescribed reps, with 15 second rest between sets.

Upper Body Blast – 10 Min				
Movement	Level 1	Level 2	Level 3	Reps
Pull Up	Bent Arm Hang	30 Second Negatives	Pull Up	45 sec/8-10
Push Up	Push Up Hold	Incline Push Up	Push Up/1 Leg Raised Push Up	45 sec/12-16
Seated Row	Decrease Resistance	Seated Row	Increase Resistance	12-16
Push Press	Decrease Resistance	Push Press	Increase Resistance	12-16
Upright Row	Decrease Resistance	Upright Row	Increase Resistance	12-16
Lower Body Blast – 10 Min.				
Movement	Level 1	Level 2	Level 3	Reps
Squat	BW/Red Band	Black/Purple Band	Purple +	16-20
Split Squat Right	BW/Red Band	Black/Green Band	Purple +	16-20
Split Squat Left	BW/Red Band	Black/Green Band	Purple +	16-20
RDL	Red Band	Black/Green Band	Purple +	12-14
Skater Jumps	Small	Bigger and Faster	Bigger and faster	16-20
Finisher				
20 sec on – 10 sec rest = 1 round, complete 8 total rounds				
Curls	Decrease Resistance	Curls	Increase Resistance	
Triceps Extension	Decrease Resistance	Triceps Extension	Increase Resistance	