

Fitness Revolution Boot Camp**50 – 10**

Complete each movement for the prescribed number of repetitions in sequential order.
 Rest just long enough to get in position for the next movement (approximately 10 seconds).
 Complete entire circuit 4 times.

Movement	Level 1	Level 2	Level 3	Reps
Upright Row	Upright Row	w/Lateral Step	Upright Row Jack	12 – 15
Squat	BW	Band Resisted	Band Resisted Pause Squat Jump	12 – 15
Plank	Knee Taps	Band Resisted Slow Mt Climber	Band Resisted Spider-man	5 per leg
Shoulder Press	Military	Squat Press	Jack Press	12 – 15
Seated Row	Lighter Load	Increase Loading	Increase Loading	12 - 15

Motivation of the The road to success is dotted with many tempting parking spaces.