

ABC's of being a Boot Camper

10/15/20 of each exercise

Air squats

Dead Lifts

Golf swings

Jumping Jacks

Mtn Climbers

Push ups

Star jumps

V-sits

Yoga Press

Burpees

Easy jog

Heel Taps

Kicking planks

kNee pulls

obliQue Reach

Thrusters

Walking lunges

Crossovers

Fast Bicycles

123 Inside knee

Log jumps

Overhead squats

Reverse crunch

Upper cuts

Xtensions- Leg

Now catch some ZZZZZ's

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