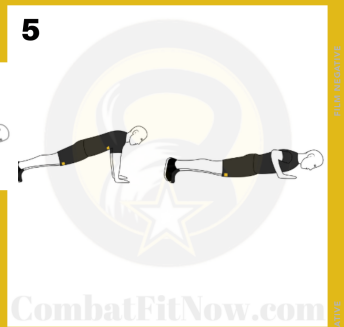
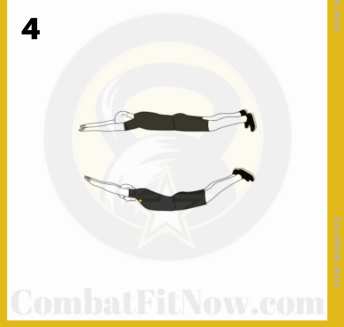
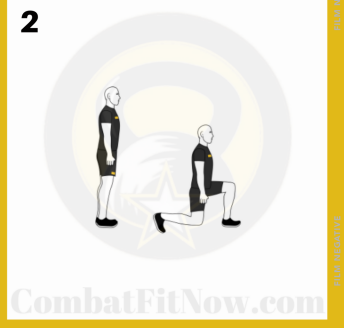


BOOT CAMP READY!

Full Body #1 (Beginner)



W Warm Up Routine				
	Exercise	Reps/Time/ Distance	Sets	Rest
1	BODY WEIGHT SQUAT	10	1	AS MUCH NEEDED
2	LUNGE	10	1	AS MUCH NEEDED
3	KNEE HUGS	10	1	AS MUCH NEEDED
4	SUPERMANS	10	1	AS MUCH NEEDED
5	PUSH UP (KNEE PUSHUP IF NEEDED)	10	1	AS MUCH NEEDED
6	RUN/WALK	1 MILE	1	AS MUCH NEEDED



C-D-S Cool-Down & Stretch Routine

Key Notes:

- **Goal: Get Moving, Use Excellent form, Get used to running/jogging**
- Perform exercises 1-5
- Rest as much time as needed after each exercise
- Perform Exercise 6 - 1 mile Run/Walk (take as many walk breaks needed)
- Finished!
- Focus: Excellent FORM - Reps = Slow & Deep Burn
 - Don't forget to do your Warm-Up & Cooldown/Stretch for the day



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