

BOOT CAMP READY!

CFC #6 (Beginner)

30-30 Mossberg

Bodyweight Cardio Challenge



Total
Workout
=
10 Min

W Warm Up Routine

	A	B	C	D
	Up Downs on Incline	Toe Taps	Butt Kickers	Jumping Jacks
ROUND 1	30 seconds	30 seconds	30 seconds	30 seconds
ROUND 2	30 seconds	30 seconds	30 seconds	30 seconds
ROUND 3	30 seconds	30 seconds	30 seconds	30 seconds
ROUND 4	30 seconds	30 seconds	30 seconds	30 seconds
ROUND 5	30 seconds	30 seconds	30 seconds	30 seconds

C-D-S Cool-Down & Stretch Routine

Goal: Perform as many **QUALITY** reps as possible each round **without stopping**. Try not to rest between rounds or exercises. **Push yourself!**

Instructions:

- USE GOOD FORM - Perform reps as rapidly as needed.
- This is a physical & mental challenge!
- Rounds will be 2 minutes.
- The total workout will be 10 minutes.
- You must complete all **5 ROUNDS** to finish this workout.
 - Do not forget to warm up before your workouts & cool down/stretch after your workouts. Enjoy!
- Get an app (type in "interval timer", download & use it)



A



B



CombatFitNow.com

C



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D



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