

# BOOT CAMP READY!

## CFC #1 (Beginner)

### 50Cal Challenge

**A**

CombatFitNow.com

**B****C****D**

CombatFitNow.com

**E**

CombatFitNow.com

**W**

## Warm Up Routine

**A B C D E****Dead Clean Press Swings Up Downs Toe Taps Rest**

	Dead Clean Press	Swings	Up Downs	Toe Taps	Rest
<b>ROUND 1</b>	10 (15lbs)	10 (15lbs)	10 (on incline)	10 (each foot)	As Much Time Needed
<b>ROUND 2</b>	10 (15lbs)	10 (15lbs)	10 (on incline)	10 (each foot)	As Much Time Needed
<b>ROUND 3</b>	10 (15lbs)	10 (15lbs)	10 (on incline)	10 (each foot)	As Much Time Needed
<b>ROUND 4</b>	10 (15lbs)	10 (15lbs)	10 (on incline)	10 (each foot)	As Much Time Needed
<b>ROUND 5</b>	10 (15lbs)	10 (15lbs)	10 (on incline)	10 (each foot)	As Much Time Needed

RECORD YOUR TIME

MINUTES

SECONDS

DATE

**C-D-S**

## Cool-Down & Stretch Routine

**Goal:** Hit 50 reps of all exercises in the shortest time possible, **WITH GOOD FORM.**

### Instructions:

- You will attempt to beat your previous time with every attempt of this workout.
- Start your timer (watch, phone, etc)
- Attempt to execute exercises **A,B,C & D** with little-to-no rest between each exercise.
- After you finish exercise D you will rest for as long as needed.
- You must complete all **5 ROUNDS** to finish this workout.
- After finishing your 5th round, record your time above.
  - Do not forget to warm up before & cool down/stretch after your workouts. Enjoy!



# CombatFitNow.com