

BOOT CAMP READY!

CFC #4 (Beginner)

9 Mil Challenge

(9 MIN CHALLENGE)



Total
Workout
=
9 Min

W

Warm Up Routine

A

Up Downs
on Incline

B

Squats

C

Push Ups
Hand Release

D

Jumping
Jacks

ROUND
1

60

Seconds

60

seconds

60

seconds

60

seconds

ROUND
2

45

seconds

45

seconds

45

seconds

45

seconds

ROUND
3

30

seconds

30

seconds

30

seconds

30

seconds

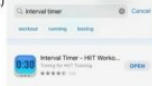
C-D-S

Cool-Down & Stretch Routine

Goal: Get 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 slowly as needed. Speed and increased reps will come with experience.
- This is a physical & mental challenge!
- Round 1 - 60-second intervals - Perform exercises A, B, C & D with no rest between each exercise. Immediately go into round 2.
- Round 2 - 45-second intervals - Perform exercises A, B, C & D with no rest between each exercise. Immediately go into round 3.
- Round 3 - 30-second intervals - Perform exercises A, B, C & D with no rest between sets. You are FINISHED, Good Work!
- You must complete all **3 ROUNDS** to finish this workout.
 - Do not forget to warm up before your workouts & cool down/stretch after your workouts. Enjoy!
 - Get the app (type in "interval timer", download & use it)



A

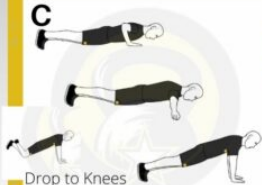


B



CombatFitNow.com

C



Drop to Knees
if needed

CombatFitNow.com

D



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