

BOOT CAMP READY!

CFC #3 (Beginner)

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Combat Fit Challenge

W

Warm Up Routine

A B C D

	Dead Up Right Row	Rest	Butt Kickers	Rest
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
ROUND 6	30 seconds	30 seconds	30 seconds	30 seconds
ROUND 7	30 seconds	30 seconds	30 seconds	30 seconds
ROUND 8	30 seconds	30 seconds	30 seconds	30 seconds
ROUND 9	30 seconds	30 seconds	30 seconds	30 seconds
ROUND 10	30 seconds	30 seconds	30 seconds	30 seconds

Total
Workout
=
20 Min

C-D-S Cool-Down & Stretch Routine

A



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B



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C



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D



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Goal: Get as many **QUALITY** reps as possible each round on a 50/50 or 1:1 work-to-rest ratio. We want to use a full-body multi-joint exercise with a bodyweight cardio exercise.

Weight Selection: Beginners: use lightweight (10-20lbs) and focus on quality reps

Instructions:

- You will perform a 50% work to 50% rest ratio. AKA - 1:1 Ratio
- USE GOOD FORM!** Perform reps as slowly as needed. Speed and increased reps will come with experience.
- This is a physical & mental challenge!
- Set your timer (watch, phone, etc) to 30-second Intervals. **Get the free app (type in "interval timer", download & use it)**
- You must complete all **10 ROUNDS** to finish this workout.
 - Do not forget to warm up before your workouts & cool down/stretch after your workouts. Enjoy!