

# BOOT CAMP READY!

## CFC #5 (Beginner)

### Beat Feet Sprint Challenge



**A** 50 Yards  
(25-25)



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**B** 10x  
(5 ea Leg)



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**C** 50 Yards  
(25-25)



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**D** 10x



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**E** 50 Yards  
(25-25)



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**F** 3  
Minutes



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## Warm Up Routine

	A	B	C	D	E	F
	Sprint	Lunge	Side Shuffle	Squat	Sprint	Rest & Rec Time
ROUND 1	50 Yards (25-25)	10 (5 ea Leg)	50 Yards (25-25)	10 (5 ea Leg)	50 Yards (25-25)	3 Minutes
ROUND 2	50 Yards (25-25)	10 (5 ea Leg)	50 Yards (25-25)	10 (5 ea Leg)	50 Yards (25-25)	3 Minutes
ROUND 3	50 Yards (25-25)	10 (5 ea Leg)	50 Yards (25-25)	10 (5 ea Leg)	50 Yards (25-25)	3 Minutes

RECORD  
YOUR TIME

MINUTES

SECONDS

DATE

ROUND  
1

RECORD  
YOUR TIME

MINUTES

SECONDS

DATE

ROUND  
2

RECORD  
YOUR TIME

MINUTES

SECONDS

DATE

ROUND  
3

## C-D-S Cool-Down & Stretch Routine

Goal: Become Faster with Fatqued Legs

### Instructions:

- Set up cones or mark off 25 yards
  - Don't have cones? Use a T-shirt, towel, hat, etc...
- Don't have a measuring tape? Just take 25 LARGE stride steps
  - (this will equal about 3 feet per step)
- Create a starting point and a turnaround point (see image below)

Starting Point      25 Yards      Turn-Around Point



A - Sprint to the turn-around point and sprint back

B - At the starting point perform 10 Lunges (5 on each leg)

C - Sprint to the turn-around point and sprint back

D - At the starting point perform 10 Squats

E - Sprint to the turn-around point and sprint back

F - Rest for 3 Minutes

You must perform 3 rounds to finish the workout.

- Do not forget to warm-up prior to the workout and cool down/stretch after.



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