

# BOOT CAMP READY!

## CFC #2 (Beginner)

### Final Countdown



w	Warm Up Routine			
	A	B	C	D
	Jumping Jacks	Up Downs	T. Push ups	Squats Body Wt
ROUND 1	50	10	10	10
ROUND 2	45	9	9	9
ROUND 3	40	8	8	8
ROUND 4	35	7	7	7
ROUND 5	30	6	6	6
ROUND 6	25	5	5	5
ROUND 7	20	4	4	4
ROUND 8	15	3	3	3
ROUND 9	10	2	2	2
ROUND 10	5	1	1	1



Drop to knees if needed

### A



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### B



### C



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### D



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RECORD YOUR TIME

MINUTES

SECONDS

DATE



C-D-S

## Cool-Down & Stretch Routine

**Goal:** Hit all reps WITH GOOD FORM. This is YOU vs YOU!

**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 **10 ROUNDS** to finish this workout. After finishing your 10th round record your time above.
  - Do not forget to warm up before & cool down/stretch after your workouts. Enjoy!