

BURPEE BOOTCAMP

#SAFERATHOME WORKOUT

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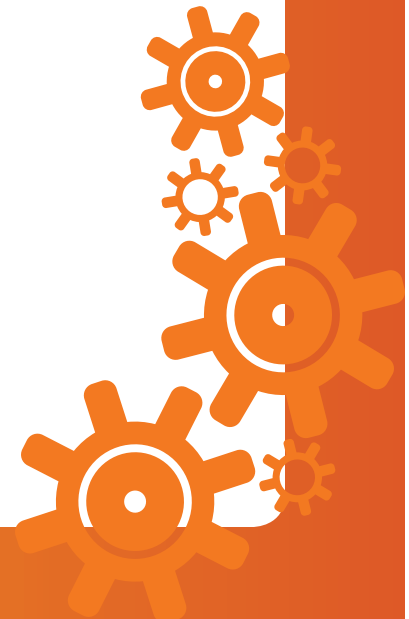
- | | |
|---------------|------------|
| 1 Pop Squat | 1 Burpee |
| 2 Pop Squats | 2 Burpees |
| 3 Pop Squats | 3 Burpees |
| 4 Pop Squats | 4 Burpees |
| 5 Pop Squats | 5 Burpees |
| 6 Pop Squats | 6 Burpees |
| 7 Pop Squats | 7 Burpees |
| 8 Pop Squats | 8 Burpees |
| 9 Pop Squats | 9 Burpees |
| 10 Pop Squats | 10 Burpees |

***100 Crunches + 1 Minute Tricep Hold**

- | | |
|----------------------|---------------------|
| 1 Double High Knee | 1 Walkout Push-Up |
| 2 Double High Knees | 2 Walkout Push-Ups |
| 3 Double High Knees | 3 Walkout Push-Ups |
| 4 Double High Knees | 4 Walkout Push-Ups |
| 5 Double High Knees | 5 Walkout Push-Ups |
| 6 Double High Knees | 6 Walkout Push-Ups |
| 7 Double High Knees | 7 Walkout Push-Ups |
| 8 Double High Knees | 8 Walkout Push-Ups |
| 9 Double High Knees | 9 Walkout Push-Ups |
| 10 Double High Knees | 10 Walkout Push-Ups |

***100 Bicycle Crunches + 1 Minute Tricep Hold**

Courtesy of Y
Group Fitness Instructor and Personal Trainer Rene.
Questions? Email fitness@ymcajanesville.org.



BURPEE BOOTCAMP

#SAFERATHOME WORKOUT

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- | | |
|------------|---------------------|
| 1 Burpee | 1 Hammer Curl OHP |
| 2 Burpees | 2 Hammer Curl OHPs |
| 3 Burpees | 3 Hammer Curl OHPs |
| 4 Burpees | 4 Hammer Curl OHPs |
| 5 Burpees | 5 Hammer Curl OHPs |
| 6 Burpees | 6 Hammer Curl OHPs |
| 7 Burpees | 7 Hammer Curl OHPs |
| 8 Burpees | 8 Hammer Curl OHPs |
| 9 Burpees | 9 Hammer Curl OHPs |
| 10 Burpees | 10 Hammer Curl OHPs |

***100 Rainbow Elbow Plank +
1 Minute Tricep Hold**

- | | |
|----------|------------|
| 1 V-UP | 1 Shimmy |
| 2 V-UPs | 2 Shimmys |
| 3 V-UPs | 3 Shimmys |
| 4 V-UPs | 4 Shimmys |
| 5 V-UPs | 5 Shimmys |
| 6 V-UPs | 6 Shimmys |
| 7 V-UPs | 7 Shimmys |
| 8 V-UPs | 8 Shimmys |
| 9 V-UPs | 9 Shimmys |
| 10 V-UPs | 10 Shimmys |
- (each side = 1)

***100 Flutters + 1 Minute Tricep Hold**

Repeat x 1

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