

# FIT BODY BOOT CAMP

329 Centre Ave. Rockland – 781-325-9096 – www.southshorefitbody.com

21-Day, 10-Minute Meltdown. Use for days you miss or add as a bonus to your day's workout.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Day	5x	10x	15x	20x	15x	10x
1	Burpees	Sit Up Reach	Push-Ups	Leg Raises	Plank Jacks	Bicycle ea way
2	Push-Ups	Superman	Plank Hip Drop	Pop Squat	Flutter Kick	Donkey Kick
3	Jackknife	Mtn Climbers	Jump Jacks	Toe Reach	Jump Squat	Push-Ups
4	V-Ups	Spider-Plank	Shimmies	High Knees	Lunges	Plank Ups
5	Burpees	Hip Raises	Crunches	Hydrants	Mtn Climbers	Push-Ups
6	Push-Ups	V-Ups	Squats	Sit-Ups	Cherry Picker	Bicycle
7	Rest	Rest	Rest	Rest	Rest	Rest
8	Pulse Squat	Plank Hip Drop R	Push-Ups	High Knees	Flutter Kick	Plank Hip Drop L
9	Plank Ups	Plank Jacks	Pop Squats	Mtn Climbers	Cherry Picker	Hydrants
10	Jackknife	Mtn Climbers	Jump or Star Jacks	Toe Reach	Jump Squat	Push Ups
11	V-Ups	Spider Plank	Shimmies	High Knees	Lunges	Plank Ups
12	Rest	Rest	Rest	Rest	Rest	Rest
13	Burpees	Sit Up – Reach	Push Ups	Leg Raises	Plank Jacks	Bicycles ea way
14	Push-Ups	Superman	Plank Hip Drop	Pop Squat	Flutter Kick	Donkey Kick
15	Jackknife	Mtn Climbers	Jump Jacks	Toe Reach	Jump Squat	Push-Ups
16	V-Ups	Spider-Plank	Shimmies	High Knees	Lunges	Plank Ups
17	Burpees	Hip Raises	Crunches	Hydrants	Mtn Climbers	Push-Ups
18	Push-Ups	V-Ups	Squats	Sit-Ups	Cherry Picker	Bicycle
19	Plank Ups	Plank Jacks	Pop Squats	Mtn Climbers	Cherry Picker	Hydrants
20	Rest	Rest	Rest	Rest	Rest	Rest
21	Burpees	Sit Up – Reach	Push Ups	Leg Raises	Plank Jacks	Bicycles ea way

**Set a timer for 10-minutes and complete as many rounds as possible**