



**FUNCTIONAL FITNESS, NUTRITION & WELLNESS**

Group Fitness Bootcamp Classes  
Experience the FIT 1 Difference!  
Co-Ed, Women Only / Fit Kids

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46 Fieldway Unit #8, Etobicoke, ON  
[FIT1BOOTCAMP.COM](http://FIT1BOOTCAMP.COM) 647.776.7776

# **(EMOTM) EVERY MINUTE ON THE MINUTE CIRCUIT:**

## **TWENTY MINUTES (20 Rounds)**

**Begin each new minute performing the three exercises in less than a minute. Perform 20 Rounds.**

**Example 1st minute: 0-1 minute: 10 squats, 8 Quad Press, 6 Tripod**

**Example 2nd minute: 0-2 minutes: 10 squats, 8 Quad Press, 6 Tripod**

**Example 3rd minute: 0-3 minutes: 10 squats, 8 Quad Press, 6 Tripod**

**If not able to complete all reps in 1 minute lower reps in the squats by 2**

## Warmup

- Neck
- Shoulder Rolls
- Gun Slingers
- Clasped Hand Forward Fold
- Squat to stand + Arm Extension
- Hip Circles
- Knee Circles
- Prisoner Lunge & Twist
- Down Dog / Up Dog
- Hip Swivels

# EMOTM

1. Bodyweight Squats: 10
2. Quad Press: 8
3. Tripod: 3/3

(Hold for 30-60 secs focusing on breath)

Pigeon

Forearm Frog

Floor Bow / Quad Stretch

Scorpion / Chest Stretch

Spinal Twist Stretch



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