



3000

challenge

#GETSOME



FUNCTIONAL FITNESS, NUTRITION & WELLNESS

Group Fitness Bootcamp Classes
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Co-Ed, Women Only / Fit Kids

46 Fieldway Unit #8, Etobicoke, ON
FIT1BOOTCAMP.COM 647.776.7776

OVERVIEW

CHALLENGE – 300 Reps – 1 ROUND FOR TIME

Begin warm up with mobility

Perform one round of the exercises at the prescribed repetitions.

If not using weights then do body weight exercises instead.

Perform Compensation at end of workout

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

CHALLENGE – 300 Reps – 1 ROUND FOR TIME

Foam Roller – Mobility Warmup Before Session

- 50 x Burpees
- 50 x KB/DB Swings / Total Body Extensions
- 50 x Seal Jacks (hand touch in front instead of overhead)
- 50 x Push Ups
- 100 x High Knee Run on Spot (2=1)

(Hold for 30-60 secs focusing on breath)

Foam Roll

Pigeon

Forearm Frog

Floor Bow / Quad Stretch

Scorpion / Chest Stretch

Spinal Twist Stretch



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