

EMOTM

OUCH!!



FIT 1



FUNCTIONAL FITNESS, NUTRITION & WELLNESS

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

46 Fieldway Unit #8, Etobicoke, ON
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

FINISHER 4 ROUNDS

1. Alternating Superman: **10/10**
2. Recline Seated Torso Twist: **10 (2=1)**
3. Lying Scissor Kicks: **10 (2=1)**

30 seconds rest

(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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