

(40/20 X 5)





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

OVERVIEW

1. Perform 4 cycles of a 40X20 circuit.
2. Do 40 Seconds of work for the exercise,
3. Take 20 seconds of rest after each exercise
4. Take 40 seconds of rest after each circuit.
5. Next we'll complete a Tabata **FINISHER**.
6. Perform Compensation at end of workout

Movement Preparation

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

[40/20 X 5] 4

1. DB / BW Squat
2. Push ups on DBs/Blocks or floor
3. Alternating jump lunges
4. Cobra Y to W Press
5. SB Leg Curls / Hip Drives

Finisher

[20/10 x 9] 2 cycles

1. Side V-Ups Obliques Hold: 10 /10
2. Plank Heel Raises
3. Plank Scap Squeeze

(Hold for 30-60 secs focusing on breath)

Foam Roll

Pigeon

Forearm Frog

Floor Bow / Quad Stretch

Hurdlers Stretch

Spinal Twist Stretch



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