

4.000 CHALLENGE



OVERVIEW

- Perform movement preparation and foam Roll before session
- Perform 5 exercises totalling 400 reps
- Do not start next exercise until all reps are completed
- Track length of time to complete
- Perform Compensation at end of workout

MOVEMENT PREPARATION

- 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
- Shoulder Sweeps
- Hip Swivels

CIRCUIT #1 [20/5 X5] 2

- Burpees: **50**
- Jump Rope / Jump Jacks: **100**
- Mountain Climbers: **100**
- Parallel Squats: **100**
- Push-ups: **50**

COMPENSATION

30-60 SECOND HOLD

- Foam Roll
- Pigeon
- Forearm Frog
- Clasped Hand Modified Crescent Lunge
- Chest Stretch
- Hurdlers Stretch
- Downward Dog
- Spinal Twist Stretch



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