



## Boot Camp Homework – Week One

Equipment Needed: Water bottle, mat (optional), a sturdy wall, a ledge/chair and a positive can-do attitude! ☺

- 10 minutes of cardio (your choice – anything that raises your heart rate - cardio may include walking, cycling, running, elliptical, jumping jacks, bench step-ups etc.). It's best to break a small sweat while engaging in cardiovascular exercise.

- Upper Body (20-30 reps, 2 sets)

**Push-ups** (from knees or toes)

**Tricep Dips** (remember to keep your back as close to step, chair or ledge as possible)

- Lower Body (follow the sequence below and then repeat beginning with a 30 second wall sit)

**Wall-Sit** (toes up) hold for 30 seconds max

**Squats** (remember to keep your knees behind your toes) 20 squats, (option) follow immediately with 10 jump squats

**Wall-Sit** (toes up) hold for 30 seconds max

**Duck Walks** – crouching low in a squat position, take one step forward and then the other. Remember to stay low on these as you walk

**Wall Sit** - (toes up, press knees together) hold until failure

- 5 minute cardio (your choice – line drills, jumping jacks, jump rope, fast walk, etc.)
- Abdominals/Core work (2 Sets of each exercise below)

**Crunches** – 20 Reps

Positioning: Lying on back w/ feet planted, knees bent. Finger-tips are pressed lightly behind the ears (avoid pulling on neck or head).

**Bicycles/Oblique Twists Reps** – 30 bicycles (count is 1-1, 2-2, 3-3)

Positioning: From crunch position bring opposite elbow to opposite knee and reverse.

**Plank**

Reps – hold for 30 – 1 minute (typical length of a television commercial).

Repeat.

Positioning – lying flat on your stomach, come up onto your toes and forearms. Back, head and legs should be straight as a board.

Stretch and Water (remember to hydrate through-out your work-out)