Hi, everyone here is your 28 day bootcamp, make sure to do the warm up for every workout and to write down how many rounds you complete for each chipper. If you have any questions , shoot me an email at [roach1392@gmail.com](mailto:roach1392@gmail.com) Enjoy!

**Warm-up for each workout**

**20 seal jacks, 20 pogo jumps, 20 groiners, 10 squats , 10 worlds greatest stretch, 5 inch worms, 5 burpees**

Week 1 day 1 Circuit 15 reps / 15 sec break ..2 min break when done

1. V-sit press with reverse crunch
2. Burpee row plank
3. Thruster
4. sitting knees to elbows
5. plank pushups
6. side plank-plank-side plank ( shoulder rolls)
7. broad jumps
8. plank walk with weights
9. squats jumps

Chipper-5 mins- 10 burpees, 20 pushups, 30 speed skaters

Day 2 Abs(20 reps per move)/sprints.. **(5) 30 yard sprints every 5 exercises**

1. in and outs (Sitting, extend legs out and return knees to chest)
2. sitting bicycle
3. sitting reverse bicycle
4. spread leg banana to cannonball
5. crunchy frogs
6. 3 point plank
7. Single leg plank pushups (10 each side)
8. Downward dog crunches (10 each side)
9. Broken table crunches ( on all fours, extend opposite leg and arm out,bringing knee to elbow)
10. Mountain Climbers
11. REPEAT IN REVERSE

Day 3- 3 mins at each station, 20 sec water break .. complete 2 rounds

1. Foam rolling
2. Med ball slams (20)/ med ball throws (20)
3. K-bell swings (15)/ burpies (10)
4. Battle rope alternating singles (10), 20 yard sprint
5. Thrusters/ pullups or jumping pullups (21,15,9 rep scheme for both)

Chipper-5mins- 10 pushups,20 squat jumps, 30 yard sprint

Day 4- YOGA/ Rest

Complete Tony Horton’s one on one fountain of youth yoga/ or any other basic yoga class

Day 5- Tabatta..20 secs on / 10 sec break- 8 sets.. Alternate between exercises…So do high knees on sets 1,3,5,7 and then do Mt Climbers on sets 2,4,6,8..once finished with one group take a 1 min break and move on to the next group of exercises

1. high knees/ Mt. climbers
2. seal jacks/ pushup jacks
3. speed skaters/ pushups planks
4. squats/ burpies
5. split jump lunges/ IN and OUTs (from ab routine)
6. frog hops/ chair pose hold

Chipper- 5 mins- 20 thruster/ 10 burpies/16 thrusters/ 8 burpies/ 12 thrusters/ 6 burpies

Day 6- Rest/ Recovery /Yoga

1. 20 mins of foam rolling
2. 20 mins of static stretching (focus on your problem areas, hips/ hamstring)
3. 20 mins of yoga ( sun salutation A and B)

Day 7-REST…Enjoy the day off!

**Week 2** Day 8 – bench needed—12 reps per exercise.. 5 mins long/ 2.5 min break once finished

1. Bench press w/ reverse crunch
2. Sitting L shoulder press (make sure back is not ROUNDED )
3. Split dumbbell squat
4. burpie---hop over—burpie

Group 2- 5 mins/ 2.5 min break when completed…Complete both groups 2-3 times

1. split jump lunge press (20)
2. jumping pullups (10)
3. thrusters (20)
4. dumbbell burpies (10)

Chipper- 6 mins- 30 seal jacks, 25 squats, 20 pogo jumps, 15 pushups

Day 9 Abs (20 reps per move)/sprints.. **(5) 30 yard sprints every 5 exercises**

1. plank crunch ( knee to elbow , in then out)
2. single leg inch worm planks (10 each side)
3. warrior III crunch (knee to elbow)
4. side plank w/ leg raise (10 each side)
5. superman ( hold for 3 secs, lower back down)
6. v-up roll ups
7. oblique v-ups ( 20 each side)
8. fifer scissors ( switch leg every 3 seconds )
9. tree climbers ( from p90x, google!)
10. Russian twist
11. Repeat from the top !

Day 10- 3 mins at each station/ 12 per move... complete 2 rounds

1. foam rolling
2. k-bell swings / chair pose to squat jacks
3. 35lb or 45lb plate front squats / plank pushups
4. Foam rolling
5. Predator jacks ( stand tall, feet touching , and jump out to a squat position)
6. Burpies with pushup jack / battle ropes (double rope slam) or overhead kettle bell swing

Chipper- 6mins- 10 dive bombers( under the fence pushups) 20 split jump lunge presses, 30 yard sprint

Day 11 -YOGA/ Rest

Complete Tony Horton’s one on one fountain of youth yoga/ or any other basic yoga class

Day 12- Tabatta.. 20 secs on / 10 sec break- 8 sets.. Alternate between exercises

1. Split jump lunge presses/ pushups
2. Dive bombers/ double burpies
3. Thrusters/ v-sit press
4. Leg screamers R/L ( google! P90x2 move)
5. Wall sits / later hops
6. 3 point plank/ spiderman pushups ( as you go down drive knee to outside of elbow)

Chipper-6 mins-20 pushups, 10 frog hops, 20 in and outs ( advanced version- hanging knees to elbows)

Day 13- Rest/ Recovery /Yoga

1. 20 mins of foam rolling
2. 20 mins of static stretching (focus on your problem areas, hips/ hamstring)
3. 20 mins of yoga ( sun salutation A and B)

Day 14-REST!!

Week 3 Day 15- 3 mins at each station/ 12 per move... complete 2 rounds

1. Swiss ball chest press/ decline plank or pushups
2. Frog hop burpies/ jog back
3. Foam rolling
4. Burpie row plank/ thruster
5. TRX squat or overhead squat/ handstand against wall or downward dog pushups
6. Half burpee presses / chair pose burpies

Chipper- 6 mins- 10 squat jumps, 20 seal jacks, 30 pogo abductor jumps, 40 mt climbers

Day 16- Abs(20 reps per move)/sprints.. **(5) 30 yard sprints every 10 exercises**

1. plank crunch ( knee to elbow , in then out)
2. single leg inch worm planks (10 each side)
3. warrior III crunch (knee to elbow)
4. side plank w/ leg raise (10 each side)
5. superman ( hold for 3 secs, lower back down)
6. v-up roll ups
7. oblique v-ups ( 20 each side)
8. fifer scissors ( switch leg every 3 seconds )
9. tree climbers ( from p90x, google!)
10. Russian twist
11. in and outs (Sitting, extend legs out and return knees to chest)
12. sitting bicycle
13. sitting reverse bicycle
14. spread leg banana to cannonball
15. crunchy frogs
16. Repeat in reverse!

Day 17- 3 mins at each station..10 reps per move..30 second water break after each station

1. Tire flips/ wide leg squat jumps
2. Battle rope double slams or overhead kettle bell swing/ 20 yard sprint (don’t do 10 reps! Just once)
3. Med ball squat jumps / med ball split jump lunges
4. Foam rolling
5. Squat to reverse lunge/ single leg plank pushups
6. Stair runs/ box jumps

Chipper 6 mins- 15 half burpies, 20 yard sprint, 15 thrusters, 20 yard sprint

Day 18- YOGA/ Rest

Complete Tony Horton’s one on one fountain of youth yoga/ or any other basic yoga class

Day 19- Tabatta.. do the same exercise 4 sets in a row.. so do pushups for sets 5,6,7,8…1 min break when finished with both

1. Squat to reverse lunge/ pushups
2. Burpies/ chair pose burpies
3. Wall sit w/ 1 arm weighted lateral raise
4. Child pose pushups/ downward dog pushups
5. Squat jumps with leg abuction/ pogo jump with leg abduction
6. Chair pose with leg abduction / chattarunga planks
7. Thrusters/ seal jacks

Chipper- 6 mins- 15 v-sit press, 20 yard sprint, 15 chair pose presses, 20 yard sprint ( chair pose and shoulder press weights while staying in the pose)

Day 20- Rest/ Recovery /Yoga

1. 20 mins of foam rolling
2. 20 mins of static stretching (focus on your problem areas, hips/ hamstring)
3. 20 mins of yoga ( sun salutation A and B)

Day 21- REST, only one week left!

Week 4 Day 22 – Circuit 15 reps / 15 sec break ..2 min break when done

Chipper to start-5 mins- 10 burpies, 20 yard sprint, 10 thrusters, 20 yard sprint

1. V-sit press with reverse crunch
2. Burpee row plank
3. Thruster
4. sitting knees to elbows
5. plank pushups
6. side plank-plank-side plank ( shoulder rolls)
7. broad jumps
8. plank walk with weights
9. squats jumps

Chipper-5 mins- 10 burpies, 20 pushups, 30 speed skaters

Day 23- Abs(20 reps per move)/sprints.. **(5) 30 yard sprints every 10 exercises**

1. plank crunch ( knee to elbow , in then out)
2. single leg inch worm planks (10 each side)
3. warrior III crunch (knee to elbow)
4. side plank w/ leg raise (10 each side)
5. superman ( hold for 3 secs, lower back down)
6. v-up roll ups
7. oblique v-ups ( 20 each side)
8. fifer scissors ( switch leg every 3 seconds )
9. tree climbers ( from p90x, google!)
10. Russian twist
11. in and outs (Sitting, extend legs out and return knees to chest)
12. sitting bicycle
13. sitting reverse bicycle
14. spread leg banana to cannonball
15. crunchy frogs
16. plank crunch ( knee to elbow , in then out)
17. single leg inch worm planks (10 each side)
18. warrior III crunch (knee to elbow)
19. side plank w/ leg raise (10 each side)
20. superman ( hold for 3 secs, lower back down)
21. repeat from the top

Day 24 – 3 mins at each station, 20 sec water break after each station

Chipper- 10 squat jumps, 20 seal jacks, 30 pogo abductor jumps, 40 mt climbers

1. Foam rolling
2. Med ball slams (20)/ med ball throws (20)
3. K-bell swings (15)/ burpies (10)
4. Battle rope alternating singles (10) or one arm kbell swings, 20 yard sprint
5. Foam folling
6. Thrusters/ pullups or jumping pullups (21,15,9 rep scheme for both)
7. tire flips (10) / tire jumps (10)

Chipper- 5 mins- 10 pushups, 20 squat jumps, 20 yard sprint

Day 25- Yoga

Any basic yoga class will do , aim for 30-50 mins

Day 26 Tabatta- comple each move 8 times for each set

Chipper-5 mins- 15 v-sit press, 20 yard sprint, 15 chair pose presses, 20 yard sprint ( chair pose and shoulder press weights while staying in the pose)

1. high knees
2. burpies
3. squats
4. thrusters
5. speed skaters
6. split jump lunges
7. v-sit presses

Chipper- 5 mins- 20 thruster/ 10 burpies/16 thrusters/ 8 burpies/ 12 thrusters/ 6 burpies

Day 27- Rest/ Recovery /Yoga

1. 20 mins of foam rolling
2. 20 mins of static stretching (focus on your problem areas, hips/ hamstring)
3. 20 mins of yoga ( sun salutation A and B)

Day 28- Rest….Congrats on completing the 28 day bootcamp, hope you enjoyed!