

## South Miami Boot Camp Training

Locations: Miami Fitness Boot Fitness Camp Training, South Miami Fitness Boot Camp Training, South Beach Fitness Boot Camp Training, Tropical Park Fitness Boot Camp Training Fitness Boot Camp Workout

- Warm up with 5 minutes of stretching and light cardio (walking, marching in place, etc.)
- Mix of exercises listed below.
- Cool down with 5 minutes of light stretching.

### Fitness Boot Camp Workout

Warm up with 5-10 minutes of light cardio (walking, marching in place, etc.)

Beginners: If this is too difficult, try this beginner strength workout

Intermediate/Advanced: Perform each exercise for about 30-60 seconds. Modify according to your fitness level

Take a few seconds to catch your breath and move on to the next exercise

Run through the series as many times as you like

Cool down with 5-10 minutes of light cardio and stretching

Sip water throughout the workout. When you get tired, walk in place (don't stop moving)

Monitor your intensity. RPE should be between 6-9.

### Squat-Thrust

Stand with feet together. Squat down and place your hands on the floor next to your feet. In an explosive movement, jump feet backwards into a push-up position, jump feet back between hands and stand up. Perform 6 reps, march in place for 8 counts for brief recovery, repeat 6 more times.

### Slow Pushups

Begin in pushup position, on knees or toes. Perform 4 pushups, abs in and back straight. On the 5th pushup, lower halfway down and hold for 4 counts. Push back up and repeat the series - 4 regular pushups and 1 halfway--5 or more times.

### Walking Lunge

Start at one end of the room and step forward with right leg about 3 or so feet. Bend both knees to 90 degree angles, lowering body into a lunge (keep front knee behind the toe). Bring the left foot forward and step into a lunge. Continue lunging, alternating legs, for 8 reps on each side or until you reach the end of the room.

### Jumping Jacks

Do 20 jumping jacks, march in place for 8 counts, then do 20 more. Do more if you can!

### Side Lunge with Windmill Arms

Stand with legs wide, arms straight out to the sides and parallel to the floor. Bend the right knee into a side lunge and bring the left arm down towards the foot. Repeat on the other side, lunging from side to side and bringing opposite arm towards foot. The faster you go and the lower you lunge, the harder it is. Repeat for 16 reps on each side.

### Chest Squeeze

Hold any type of ball (medicine, soccer, basketball, etc.) in front of chest with both hands. Press into the ball and hold for 8 counts. Then, keeping the pressure on the ball, slowly straighten elbows a little and take the ball out and in 8 times. Hold steady for 8 more counts. You can also do this by simply squeezing palms together.

### Ski Jumps

Stand with feet together. Jump to the right several feet, keeping knees bent and landing in a squat. Jump back to the left and continue jumping from side to side (place a book or pillow on the floor to jump over for added challenge) for 16 or more reps.

### March in Place

Aren't you tired? Take a minute, catch your breath

### Plank

Get into pushup position on hands and toes, or on elbows and knees. Keep abs contracted and back straight (don't collapse in the middle). Hold this position for as long as you can.

### High Jogs

Stand with feet together and hold arms straight out in front of you at mid-torso level. Jog in place, bringing knees high enough that they hit your hands (don't lower hands!). Repeat for 30 or more seconds.

### Slow Pushups - Again!

Begin in pushup position, on knees or toes. Perform 4 pushups, abs in and back straight. On the 5th pushup, lower halfway down and hold for 4 counts. Push back up and repeat the series - 4 regular pushups and 1 halfway--5 or more times.

Repeat series if you dare! Total calories burned: A lot if you worked hard enough...