

SickFit Bootcamp Brings You Fit In 15 #5- BackYard Bootcamp

For this workout, you will have 5 exercises done using one of 3 different timed formats based on your Fitness Level. Your goal is to choose the appropriate level and correct modification and then do as many reps as you can in that amount of time. You will do 3 (or more) rounds depending on how long you want your workout to be.

YouTube Video: <http://www.youtube.com/watch?v=ntdRJ3vAid4>

Exercise Format

3 Rounds = 15 mins.

Timed Protocol

Level 1(Basic)	= 30 seconds of work/30 second break
Level 2 (Intermediate)	= 40 seconds of work/20 second break
Level 3 (Advanced)	= 50 seconds of work/10 second break

Exercises

1. Prison Squat Jacks
2. Lateral Plank Walks (2 to the Right/2 to the Left)
3. Scissor Catch Ups
4. 180 Degree Burpee Jumps
5. Mountain Climbers