

Monday 30/03/2020 - Online Zoom Bootcamp

Workout 1 - 30/30/30/30 - 2 Exercises - 4 rounds - (8 mins)

30 Sec Work Exercise 1/**30 Sec rest**/30 Sec Work Exercise 2/**30 Sec rest** x 4 rounds

Exercise 1

Suspension Trainer	Body Weight
ST- Chest Press/Chest Fly	Regular PushUP/Wide Grip Pushup

Exercise 2

Suspension Trainer	Body Weight
ST - Close Grip Row	Tea Towel Row
	Or 2 bed sheets with Knot in end behind an outward facing door (try it :))

Workout 2 - 30/30/30/30 - 2 Exercises - 4 rounds - (8 mins)

30 Sec Work Exercise 1/**30 Sec rest**/30 Sec Work Exercise 2/**30 Sec rest** x 4 rounds

Exercise 1

Suspension Trainer	Body Weight
ST - I/T/Y reverse Flys	On floor I/T/W

Exercise 2

Suspension Trainer	Body Weight
ST Overhead Alternate Lunge	Lunge with Arm Overhead

Workout 3 - 30/30/30/30 - 2 Exercises - 4 rounds - (8 mins)

30 Sec Work Exercise 1/**30 Sec rest**/30 Sec Work Exercise 2/**30 Sec rest** x 4 rounds

Exercise 1

Suspension Trainer	Body Weight
Rotational Power-pull Left	Side plank left with Rotation

Exercise 2

Suspension Trainer	Body Weight
Rotational Power-pull right	Side plank right with Rotation

Workout 4 - 30/30/30/30 - 2 Exercises - 4 rounds - (8 mins)

30 Sec Work Exercise 1/**30 Sec rest**/30 Sec Work Exercise 2/**30 Sec rest** x 4 rounds

Exercise 1

Suspension Trainer	Body Weight
ST Bulgarian Split squat left	Bulgarian Split Squat with chair

Exercise 2

Suspension Trainer	Body Weight
ST Bulgarian Split squat right	Bulgarian Split Squat right with chair

Workout 5 - Tabata Body Weight Finisher - 20/10 - 4 exercises 8 Rounds - (4 mins)

Exercise 1 - Hip Thrusts

Exercise 2 - Sand Lizards

Exercise 3 - Curtzy Lunges

Exercise 4 - Situps

(And repeat)