

Boot Camp Workout 10-5-09

Here are a couple of workouts we've done in the Boot Camp recently

Workout 1

You'll need a pair of resistance bands and a kettlebell

This is a 40/20 interval, 40 seconds of work 20 seconds of rest after completing a round take 1 minute rest if you need it.

- 1) Floor press 20 seconds/arm
- 2) Band rows (both arms)
- 3) 2 handed swings
- 4) goblet squat
- 5) Jumping Jacks

Repeat 5 times

If you don't have bands do rows with the kettlebell and switch after 20 seconds

Workout 2

30/30

- 1) pushups
- 2) 2kb deadlift (if you only have 1 kb do a sumo deadlift)
- 3) static lunge (no rest between legs)
- 4) kb rows (no rest between arms)

Repeat 5 times

Enjoy!