



Bootcamp-To-Go Month #1

- These Bootcamp-To-Go workouts are designed to be 30-minute EXPRESS workouts for home and/or travel and consist of 10 minutes of self-improvement work = soft tissue, flexibility and mobility exercises to best prepare the body for the workout and a 20-minute higher intensity metabolic workout
- Each metabolic workout will feature a total body workout in alternating set or circuit format that combines the muscle building benefits of resistance training with the cardiovascular benefits of cardio training. The result is a killer bootcamp-style workout that will supercharge metabolism for up to 48 hours post-workout, build lean muscle, blast belly fat, and get you into the best shape of your life with only three 30-minute express workouts per week.
- Alternate between Metabolic Workout A, B, and C with ideally 48-hours between each workout. Perform 3 Metabolic Workouts per week for best results. We've found the best annual training calendar to operate on a 3 weeks on, 1 week off format but during certain times of the year allowing yourself to go four straight weeks.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Workout A	Active Recovery	Workout B	Active Recovery	Workout C	Active Recovery	Active Recovery
Week 2	Workout A	Active Recovery	Workout B	Active Recovery	Workout C	Active Recovery	Active Recovery
Week 3	Workout A	Active Recovery	Workout B	Active Recovery	Workout C	Active Recovery	Active Recovery
Week 4	Workout A	Active Recovery	Workout B	Active Recovery	Workout C	Active Recovery	Active Recovery

OPTIONAL: For best results perform cardio intervals on the days between your metabolic workouts to accelerate whole body fat burning and rapidly improve conditioning.

- Active recovery means to perform some form of low to moderate intensity activity for 30-60 minutes. Any recreational activity will do including but not limited to recreational sports, brisk walking, and corrective exercise protocols like foam rolling, flexibility training, and mobility and activation work. In general, the goal is to get at least 30 minutes of daily active recovery to establish a healthy baseline activity level.

Jeff McDaniel, Bootcamp-To-Go, www.fastfit.club

- Each routine (both pre-workout and metabolic workout) provides completely customized exercise progressions to best match your particular fitness level. Please reference the chart below to best understand the Level I, II, III concept. In working with the more than two thousand individuals I have in my bootcamps I have found the following chart works best:

Level I	Level II	Level III
If you are 30+ lbs ABOVE your ideal body weight OR If you are 10-20 lbs ABOVE your ideal body weight AND you have NOT worked out consistently in the last 3 months (if ever)	If you are 10-20 lbs ABOVE your ideal body weight AND you have been working out consistently for the last 3 months or more OR If you are within +/- 5 lbs of your ideal body weight AND you have NOT worked out consistently in the last 3 months (if ever)	If you are within +/- 5 lbs of your ideal body weight AND you have been working out consistently for the last 3 months or more

- **Exercise Progression:** It's really as simple as moving up and down levels to make the workouts harder or easier as needed. Your goal is to gradually work up to Level III. So if you start at Level I, they should first be able to master the Level I workouts before moving onto the Level II workouts and so forth. Mastery implies that you can safely and effectively perform each exercise in a pain-free full range of motion within a given workout without the need to rest or pause at any point during the work periods.
- It is highly recommended that you perform 5-15 minutes of corrective stretching and self-massage both pre and post-workout. Focus on the most sore and/or tight areas of the body to bolster injury prevention and speed recovery. The best resource for this corrective work is **Bulletproof Bootcamp** routines.
- Each and every month you will receive a new set of workouts with new interval protocols and new exercises. This will provide the variety needed to keep your fitness exciting, fun, and fresh in addition to ensuring that you will never encounter any frustrating training plateaus!

Monday Workout A

Workout A: 40-20 Escalating Density - Alternate between 40 seconds of work and 20 seconds of rest for each exercise in the following five exercise circuit. Perform four total rounds for a 20-minute workout.

- For Week 2 perform 45 -15 Intervals, for Week 3 perform 50-10 Intervals, for Week 4 55-5 Intervals.

Station #	Exercise Variation	Level I	Level II	Level III
1	Box Squats Variation	Box Squat	Box Squat Jump	:03 Pause Jump Squat
2	Pledge Push-up Variation	Hands Elevated Pledge Push-up HOLD	Pledge Push-up HOLD	Pledge Push-up
3	Lunge Variation	Progress from Step-up to Split Squat	Reverse Lunge	Forward Lunge
4	Band Pull-Apart Variation OR Side Plank Reach Variation	Band Pull-Apart Short Lever Side Plank	Stepping Band Pull-Apart Long Lever Side Plank	Band Pull-Apart Jacks Side Plank + Reach & Rotation
5	Predator Jacks Variation	Stepping Jacks	Jumping Jacks	Predator Jacks

Wednesday Workout B

Workout B: 40-20 Escalating Density - Alternate between 40 seconds of work and 20 seconds of rest for each exercise in the following five exercise circuit. Perform four total rounds for a 20-minute workout.

- For Week 2 perform 45 -15 Intervals, for Week 3 perform 50-10 Intervals, for Week 4 55-5 Intervals.

Station #	Exercise Variation	Level I	Level II	Level III
1	Box Squats Variation	Box Squat	Box Squat Jump	:03 Pause Jump Squat
2	Pledge Push-up Variation	Hands Elevated Pledge Push-up HOLD	Pledge Push-up HOLD	Pledge Push-up
3	Lunge Variation	Progress from Step-up to Split Squat	Reverse Lunge	Forward Lunge
4	Band Pull-Apart Variation OR Side Plank Reach Variation	Band Pull-Apart Short Lever Side Plank	Stepping Band Pull-Apart Long Lever Side Plank	Band Pull-Apart Jacks Side Plank + Reach & Rotation
5	Predator Jacks Variation	Stepping Jacks	Jumping Jacks	Predator Jacks

Friday Workout C

Workout C: 40-20 Escalating Density - Alternate between 40 seconds of work and 20 seconds of rest for each exercise in the following five exercise circuit. Perform four total rounds for a 20-minute workout.

- For Week 2 perform 45 -15 Intervals, for Week 3 perform 50-10 Intervals, for Week 4 55-5 Intervals.

Station #	Exercise Variation	Level I	Level II	Level III
1	1-Leg Hip Thrust Variation L	Staggered Glute Bridge	1-Leg Glute Bridge	1-Leg Hip Thrust
2	1-Leg Hip Thrust Variation R			
4	Breakdancer Variation	Progress from Push-up Hold to Bear Hold	Rotating Bear Hold	Breakancer
3	In And Out Squats Variation	Stepping In And Out Squat	In And Out Squats	Multidirectional In And Out Squats
5	Burpee Climbers Variation	Mobility Burpee	Burpee	Burpee + Climbers