

## **Kickbutt Bootcamp 1.0**

Dynamic Warmup-1 round of 10-20 reps of each exercise.

**1-Body Swings 2-Elbow Touch Body Swings**

**3-Arm Swings Rotation**

**4-Airplane Kicks 5-Wrist Release**

1-3 rounds of these combo before resting.

**1-Three Way Squats-12 reps**

**2-One Leg Glute Lift-10+10 reps**

**3-Beast Drive-10 reps**

**4-Rear Lunge Elbow To Knee-10+10 reps**

**REST**

**1-Hand Release Pushup-10 reps**

**2-Hammer Bicep Curls-20 reps**

**3-One Leg Tricep Kickbacks-10+10 reps**

**4-Boxer Dumbbell Jabs-12**

**REST**

**1-Squat Kicks-20 reps**

**2-One Leg Bent Over Row-10+10 reps**

**3-Glute Thrusters-20 reps**

**4-Glute Bridge Chest Fly-20 reps**

**REST**

**1-Army Reaction-10 reps**

**2-Squat Pulse Press-10 reps**

**3-Bear Crawl-5 laps of 5 meters**

**4-Hammer Lunge-10 reps**

**REST**

**Core series only 1 round:**

**1-Elbow Plank Side Touch-20 reps**

**2-Elbow Plank Walk-20 reps**

**3-Side Plank Reach-10+10 reps**

**Floor Stretching Series- You're Done Dude**

## **Instructions:**

**Do the warmup combo for 1 round. Do the combos of 4 exercises for 2-3 rounds then rest for 2 minutes before continuing.**

**For week 1 we will start with 2 rounds of each exercise. If you are new to exercise or making a comeback to training I recommend starting with 1 round of each exercise for your first workout. The number of repetitions will vary for each exercise and is important to follow so please review and study each workout carefully before starting.**