

30 Minutes to Fitness Bootcamp
Kelly Coffey Meyer
Workout 1

Date: _____

Notes: _____

Exercise	Kelly's Weight	Reps	Reps / Weights used	Notes
Cardio Side step, side leap, squat hop, v step hop	No weight			
Weights Reverse lunge with iron cross	2x10	4 reverse lunges alternating legs 16 reverse lunge w/ iron cross alternating legs		
Cardio Basketball- step, block, jump and pass	1x5			
Weights Squat with tricep kickbacks	2x10	32 reps 10 reps just squats		
Cardio 2 jacks, march 4 and 8 high knees, shuffle squat and squat with a turn	No weight			
Weights 2 long bicep curls up into overhead tricep extension and back down	2x7	18 reps		
Cardio Squat thrusts, double knees, single knees then add jacks on the floor with knees in	No weight			
Weights Step and curtsey	2x10 1x10	20 reps alternating legs 22 reps curtsey squat jumps		
Cardio 4 jump rope, 2 jacks, 2 knees, triple knee and split jumps	No weight			
Weights Shot put	1x7	20 reps each side		
Stretch				

