30 Minutes to Fitness Bootcamp Kelly Coffey Meyer Workout 1

Date:

Notes:_____

Cardio No weight Image: constraint of the sector of	Exercise	Kelly's Weight	Reps	Reps / Weights used	Notes
Reverse lunge with iron crosslegs16 reverse lunge w/ iron cross alternating legsCardio Basketball-step, block, jump and passXweights Veights2x10Squat with tricep kickbacks2x10Jjacks, march 4 and 8 high knees, shuffle squat and squat with a turnNo 	Side step, side leap,	weight			
Basketball- step, block, jump and pass2x1032 repsSquat with tricep kickbacks10 reps just squatsCardio 2 jacks, march 4 and 8 high knees, shuffle squat and squat with a turnNo weightWeights 2 long bicep curls up into overhead tricep extension and back down2x718 repsCardio 8 quat thrusts, double knees, single knees then add jacks on the floor with knees inNo weightWeights 10 reps just squats2x718 repsCardio Squat thrusts, double knees, single knees then add jacks on the floor with knees inNo weightWeights 11 thrusts, double knees, single knees then add jacks on the floor with knees in2x1020 reps alternating legsStep and curtsey1x1022 reps curtsey squat jumpsCardio s thrusts, laknee then add jacks on the floor with knees inNo weightWeights s tep and curtsey1x1022 reps curtsey squat jumpsWeights t jump rope, 2 jacks, 2 knees, triple knee and split jumpsNo weightVerights S thrusts1x720 reps each side	Reverse lunge with	2x10	legs 16 reverse lunge w/ iron		
Squat with tricep kickbacksNo 10 reps just squatsCardioNo weight2 jacks, march 4 and 	Basketball- step,				
CardioNoNo2 jacks, march 4 and 8 high knees, shuffle squat and squat with a turnweight-a turnWeights2x718 reps2 long bicep curls up into overhead tricep extension and back downCardioNo-Squat thrusts, double knees, single knees then add jacks on the floor with knees inNo-Weights2x1020 reps alternating legsStep and curtsey 4 jump rope, 2 jacks, k 2 knees, triple knee and split jumps2x1720 reps each sideWeights A jump rope, 1 jacksNoStep and surtse and split jumpsIx1022 reps curtsey squat jumps-Weights A jump rope, 1 jacksNoStep and surtse and split jumpsIx1022 reps curtsey squat jumps-Weights A jump rope, 1 jacksNoStep and split jumps-Ix1020 reps alternating legsStep and split jumps-Ix1020 reps alternating legsStep and split jumps-Ix1020 reps act sideStep and split jumps-Ix10-Ix10-Ix10-Ix10-Ix10- <td>Squat with tricep</td> <td>2x10</td> <td></td> <td></td> <td></td>	Squat with tricep	2x10			
2 long bicep curls up into overhead tricep extension and back downImage: Cardio set of the set	2 jacks, march 4 and 8 high knees, shuffle squat and squat with				
Squat thrusts, double knees, single knees then add jacks on the floor with knees inweightImage: second	Weights 2 long bicep curls up into overhead tricep extension and back	2x7	18 reps		
Step and curtsey1x1022 reps curtsey squat jumpsCardioNo4 jump rope, 2 jacks, 2 knees, triple knee and split jumpsweightWeights1x720 reps each side	Squat thrusts, double knees, single knees then add jacks on the				
CardioNo4 jump rope, 2 jacks, 2 knees, triple knee and split jumpsNoWeights1x720 reps each side	0				
Weights 1x7 20 reps each side Shot put 20 20	4 jump rope, 2 jacks, 2 knees, triple knee	No	22 reps curtsey squat jumps		
	Weights	1x7	20 reps each side		