

30 Minutes to Fitness Bootcamp
Kelly Coffey Meyer
Workout 2

Date: _____

Notes: _____

| Exercise | Kelly's Weight | Reps | Reps / Weights used | Notes |
|---|-----------------------|---|----------------------------|--------------|
| Cardio Jack, squat, fight back, lunge front | No weight | | | |
| Weights Alternating arnold press, bicep curl and squat | 2x10 | 20 reps 15 reps of just squats with weights in and out | | |
| Cardio Heel click and squat | No weight | | | |
| Weights Planks | No weight | Side steps Lift each leg and then each arm (8 rounds) | | |
| Cardio Baseball Swing bat, throw and squat catch | No weight | | | |
| Weights Knee lift, side lunge, knee with overhead swing | 1x10 | 32 reps alternating sides | | |
| Cardio 4 jacks, 2 power walks, hamstring curls | No weight | | | |
| Weights Squat cross and row | 2x10 | 24 reps alternating sides | | |
| Cardio Leg lifts and pendulum hops | No weight | | | |
| Weights Fencing | 1x3 | 4 front, 4 high, 4 low 2 front, 2 high, 2 low (4 times) Singles- 4 rounds Repeat sequence on left | | |
| Stretch | | | | |