

SATURDAY boot Camp session ( 1-on-1)	weekly
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Hope boot camp		
Booty	How	10 by 4 max.
Hip machine up /dwn	wts, no sitting down compltely ( like sqts)	
single leg press side	1 leg facing sidway and press use booty	
Hydrant side leg lift	lift leg like a dog peeing wit bands	
lungs / kettle bell (opt)	single legs lungs a pause when down	
D.bell crab walk sqt	Wlk sidway and sqt N btween steps	
Gmorning booty bump	while going dow bump booty out wit toe lift bck	
Waist Burn	Thighs Burns	Legs Bu
Knee 2 elbow abs	Knees step ups	DBell J.Sumo sqt.
Foot 2 hands	band side leg hydrate	glute bridges bnds
Mount cimb slow	glute bridges	leg lift circles
tongs twist	bear crawls	low lungs holds

Jamall bootcamp		
Circuits 10 by 4 max.		
Chest machine	Weights rack push	5miles
abs ( hanging) sets	Squat	body wt circuit
arms machine	deadlift	abs 8 * 2
leg press (single)	clean pull	streching
arm pull machine	split legs jerks	swim
mobility bands	Gulf course Beat	Tread mill kill
body wts	Hills repeat	30 secs./2 mins.
crab walk , knee ups	Sprints ( 30 sec.)	5mins/ 5mins
bands routine	ABS circuit 5mins.	1mins /1min
streching	Body sets bands	2mins/30 secs.

meals
Monday :
Tuesday :
Wednesday
Thursday
Friday : Dine out

Monday 9:30pm						
Food	Breakfast	work	lunch	workout	dinner	
meat	eggs cups	none	chicken	none	chipotle bowl	
carbs	toast	cliff bars	salad	none	none	
water	oj	2 h2o	2 h2o	2 h2o	2 h2o	
snacks	muffin	none	coffee	none	none	

Tuesday 9:30pm						
Food	Breakfast	work	lunch	workout	dinner	
meat	eggs cups	none	chicken	none	chipotle bowl	
carbs	toast	cliff bars	salad	none	none	
water	oj	2 h2o	2 h2o	2 h2o	2 h2o	
snacks	muffin	none	coffee	none	none	

Wednesday 9:30pm						
Food	Breakfast	work	lunch	workout	dinner	
meat	pancakes	none	chipotle bow	none	chipotle bowl	
carbs	none	cliff bars	pasta	none	none	
water	oj	2 h2o	2 h2o	2 h2o	2 h2o	
snacks	muffin	none	coffee	none	none	

Thursday 9 :30 pm						
Food	Breakfast	work	lunch	workout	dinner	
meat	pancakes	none	chipotle bow	none	chipotle bowl	
carbs	none	cliff bars	pasta	none	none	
water	oj	2 h2o	2 h2o	2 h2o	2 h2o	
snacks	muffin	none	coffee	none	none	

No sugar ! Bake goods :  
Sunday Cook:  
No spending :

# WEEK 1

Monday			
	Abs / Arms		
5:30 PM	Sets	Reps.	
Bike	5 min		
cycle machine	5		
run	30		
strech			
Abs	6:30	7:30 PM	
weights sets	set	Reps.	
1-3 sec. breathe *Never heavy*	easy		
Fan bike	10	mins	
Abs	25	1	
Arm press	2	12	
Abs	25	1	
Shoulder press	2	12	
Row pull	5	mins	
Push up	10	count	
late pulls	2	12	
Push up	10	count	
bench press	12	2	
Push up	10	count	
Fan bike	10	MINS	

# WEEK 1

Wednesday		
	Cardio	
5:30 PM	Sets	Reps.
Bike	5 min	
cycle machine	5 min	
run	30	
strech /shower		
* NO STOP* light		7:30 PM
Cardio Complex sets	set	Reps.
D.B squat press	1	10
bdy. Wght each lunges	1	15
leg extension each leg	1	10
knee to squat position	1	15
Back extension	1	10
D.B Bicep Curl	1	10
Planks ( 3 way)	1	10
Fan bicycle	1	2 mins.

Booty Special 1/5mins		slow pace
hold in between 3 secs.	6 *2	Hip machine side lung dip deep squat holds
hold in between 3 secs.	7 *2	
hold in between 3 secs.	8*2	

# WEEK 1

TUESDAY		
	Weights	
5:30 PM	Sets	Reps.
Bike	5 min	
cycle machine	5 min	
run	30	
strech		
Full body	6:30	7:30 PM
weights sets	set	Reps.
2 steps Louns to squats	1	12
Situp slow(3sec.)Up /down	1	15
arm extsension	1	12
elbow opsite arm to leg lift	1	30
Good morning	1	15
scissors kick	1	30 secs.
Row Machine	1	60 sec
split chest machine swing	1	12
Toe Touch	1	20
curls machine	1	12
Planks ( 3 way)	1	30 secs.
military press machine	1	12
Cross fit bicycle	1	60 secs.
Bench press	1	12

# WEEK 1

Thursday			
	strech/light		
5:30 PM		Sets	Reps.
Bike		5 min	
cycle machine		5 min	
run		30	
strech			
*Body wght*	Recovery lift	6:30	7:30 PM
weights	Body weight sets	set	Reps.
Jumping Jacks		1	25
strech		1	30sec.
pushup		1	10
calf raises		1	10
bdy. Squats		1	10
side lunges each leg		1	10
abs kick outs		1	20
spiderman crawl		1	10
5 point star jumps		1	25

ABS Special	slow	and breathe
hold in between 3 secs.	10*2	scissor
hold in between 3 secs.	10*2	Leg Lift
hold in between 3 secs.	10*2	Frog Kicks

## WEEK 2

Monday		
	Abs / Legs	
5:30 PM	Sets	Reps.
Bike	5	min
cycle machine	5	
run	30	
strech		
shower	6:30	7:30 PM
weights sets	set	Reps.
1-3 sec. breathe		
*Never heavy*		easy
Fan bike	10	mins
Abs	25	
Arm press	2	12
Abs	25	
Shoulder press	2	12
Row pull	5	mins
Push up	10	count
late pulls	2	12
Push up	10	count
bench press	12	2
Push up	10	count
Fan bike	10	MINS

## WEEK 2

Wednesday		
	Cardio	
5:30 PM	Sets	Reps.
Bike	5	min
cycle machine	5	min
run	30	
strech /shower		
* NO STOP* light		7:30 PM
Cardio Complex sets	set	Reps.
D.B squat press	1	10
bdy. Wght lunges	1	15
leg extension	1	10
knee to squat position	1	15
Back extension	1	10
D.B Bicep Curl	1	10
Planks ( 3 way)	1	10
Fan bicycle	1	2 mins.

## WEEK 2

TUESDAY		
	Weights full body	
<b>5:30 PM</b>	Sets	Reps.
Bike	5	min
cycle machine	5	min
run	30	
strech		
Full body	6:30	<b>7:30 PM</b>
weights sets	set	<b>Reps.</b>
2 steps Loungs to squats	1	12
Situp slow(3sec.)Up /down	1	12
arm extsension	1	10
elbow opsite arm to leg lift	1	30
Good morning	1	12
scissors kick	1	30 secs.
Row Machine	1	60 sec
split chest machine swing	1	10
Toe Touch	1	20
curls machine	1	10
Planks ( 3 way)	1	30 secs.
military press machine	1	10
Cross fit bicycle	1	60 secs.
Bench press	1	10



## WEEK 2

Thursday		
	stretch/light	
5:30 PM	Sets	Reps.
Bike	5	min
cycle machine	5	min
run	30	
stretch		
*Body wght* Recovery lift	6:30	7:30 PM
weights Body weight sets	set	Reps.
Prisoner Squats (hands above head)	1	25
stretch	1	30sec.
Clapping pushups	1	10
Backwards lunges	1	10
bdy. Squats	1	10
side lunges each leg	1	10
abs kick outs	1	20
Push with circle hip drive each leg	1	10
Wall push with leg drive each leg	1	25