

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 :

Monday				
	Abs / Arms			
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		

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 Loungs 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		

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.		

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		

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

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	

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

TUESDAY			
	Weights full body		
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 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	

Wednesday		
Cardio		
5:30 PM	Sets	Reps.
Bike	5	min
cycle machine	5	min
run	30	
stretch /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.

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 lounges		1	10
bdy. Squats		1	10
side lunges each leg		1	10
abs kick outs		1	20
Wall push with circle hip drive each leg		1	10
Wall push with leg drive each leg		1	25