

Practice Workout Instructions

I have created this workout so that you have a go at a couple of the more 'advanced' exercises before your bootcamp sessions so you have a quick go to catch up on ones you may not have done before so it's not all completely new.

Try to complete this work out a couple of times before your first session, spacing workout days apart to begin with. Make sure you are injury free before you try this. If you have any injuries then contact me to see if you need to make any changes contact@bodyfit-training.co.uk. Any problems with any of then you can ask when you come in.

Start off with a quick warm-up, which can be a walk outside or light jog on the spot for around 3 minutes. Then you can do each exercise in order for the given number of repetitions with as little rest as possible between exercises and repeat the whole thing 2-3 times in total.

Squats

12 repetitions

Stand with your feet shoulder width apart with a slight bend in your knees. Lower your body down (bending hips and knees) so that both of your knees have a 90-degree bend in them. Make sure you keep your heels on the floor throughout, keeping your knees behind your toes and a straight lower back. Do this as one smooth motion.

Exhale as you return to the standing and inhale as you lower yourself down.

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Lunges

8 on each leg (16 in total)

Stand with your feet slightly less than shoulder width apart. Keeping your back vertical, slowly step forward with one leg making a stride, lowering your body down and forward until your rear knee lightly touches the floor.

Now, shifting your weight backwards back into the starting position, through the movement you came down. Use no weight to start and keep your hands on your hips.

Inhale as you lunge forward and exhale as you return to the starting position.

Press ups

Up to 10 max

Place your hands on the floor, making sure your neck and back are straight with your shoulders in line with your wrists. Lower your body down to the ground until your elbows are at a 90 degree angle and then push back up to return to the starting position. Making sure you maintain a straight back and good posture.

Inhale as you lower yourself down and exhale as you push back up to the starting position.

If you find full press ups difficult then start off by performing them with your knees on the floor.

Burpees

10 repetitions

Start off in a standing position, from there squat down and place hands on the ground just wider than shoulder width. Then kick your feet/legs out into a push up position, with head up and the body in a straight line from head to heels. Now bring the legs back in under the body so that the feet are flat on the ground.

Now drive the body up and off of the ground with an explosive jump. Raise the arms over the head to finish the movement. Make sure your landing is soft and return to the squat position to begin the next rep. (easy version shown in video)

Workout summary

12 squats

16 lunges (8 on each leg)

Up to 10 press ups

10 burpees

