

LIVING AMPED

X X X X X X

**4 WEEKS OF  
BOOTCAMP  
PROGRAMMING**

X X X X X X

VOL. 1

# LIVING AMPED

## EQUIPMENT LIST



Kettlebell



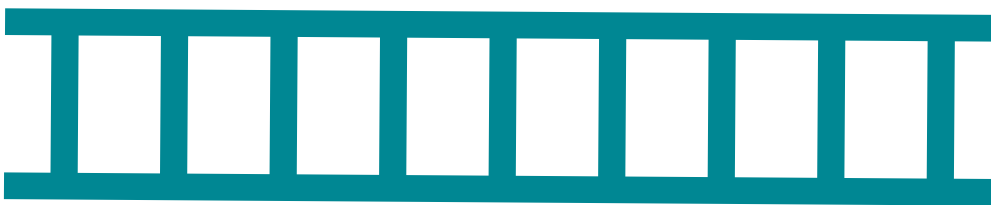
Timer



Mat



Water Bottle



Run Ladder

## Movement Order

Mobility

Dynamic

Body Weight

Kettlebell

Run Ladder

Workout

Cool Down

# LIVING AMPED

WARM UP  
COOL DOWN

## MOBILITY

90s/90s Couch Stretch  
90s/90s Pigeon Stretch  
Open Gate (10m)  
Close Gate (10m)  
Heel Walking (10m)  
Toe Walking (10m)  
Walking Lunges (10m)  
Reverse Lunges (10m)  
Lateral Lunges (10m)

## DYNAMIC

High Knees (10m)  
Butt kicks (10m)  
Punter Kicks (10m)  
Forward Skips (10m)  
Backward Skips (10m)  
Lateral Side Shuffle Down (10m)  
Lateral Side Shuffle Back (10m)

## BODY WEIGHT MOVEMENT

2 Rounds:  
10 Squats  
10 Push Ups

1 Round:  
10 Goblet Squats  
10 Plyometric Push Ups

Tabata:  
Plank  
Glute Bridges

## KETTLEBELL

Farmers Carry - L  
10 Single Arm Deadlift - L  
Farmers Carry - R  
10 Single Arm Deadlift - R  
Front Rack Carry - L  
10 Single Arm Push Press - L  
Front Rack Carry - R  
10 Single Arm Push Press - R  
Overhead Carry - L  
10 Sumo Deadlift High Pull  
Overhead Carry - R  
10 Russian Swings  
10 American Swings

## RUN LADDER

1 Foot Running  
2 Feet Running  
Right Side Shuffle  
Left Side Shuffle  
Single Leg Hops Right Foot  
Single Leg Hops Left Foot  
Lateral Shuffle Across  
Hop Scotch

## COOL DOWN - OPT 1

Wide Stance, straight legs hand between feet  
In wide stance, walk hands to right side  
In wide stance, walk hands to left side  
Static Lung with Right Leg Forward  
Left Arm, Tricep Stretch  
Left Arm Across Body  
Runners Lunge, Right Leg Forward + Rotation  
Static Lung with Left Leg Forward  
Right Arm, Tricep Stretch  
Right Arm Across Body  
Runners Lunge, Left Leg Forward + Rotation

## COOL DOWN - OPT 2

Lay on back reach arms and legs long  
Bring Knees in Chest  
Drop Knees to Left, look right  
Drop knees to Right, look left  
Right Leg in air pulling towards face  
Left Leg in air pulling towards face  
Come to Seated  
Left Arm, Tricep Stretch  
Left Arm Across Body  
Right Arm, Tricep Stretch  
Left Arm, tricep stretch  
Link hands in front and round back  
Hands on ground behind body, press chest out

## MONDAY

<p><b>7min AMRAP</b></p> <p>10 Push Ups 10 Goblet Squats 20 Russian Twist</p> <p>RX: 55/35</p>	<p><b>Tabata</b></p> <p>Alternating Side Plank</p>	<p><b>7min AMRAP</b></p> <p>5/5 Push Press 5/5 SA Russian KB</p> <p>RX: 55/35</p>	<p><b>3X NFT:</b></p> <p>10 Glute Bridges 15/15 Clam Shells</p>	<p><b>7min AMRAP</b></p> <p>25 Line Hops 15 Mtn Climbers 5 Sprawls</p> <p>RX: 55/35</p>
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## Tuesday/Wednesday

<p><b>BENCHMARK</b></p> <p><b>3x For Time:</b></p> <p>10/10 Squat Cleans 10 AKBS 20 Lunge Pass Through</p> <p>RX: 55/35</p>	<p><b>3x For Time:</b></p> <p>15 Sprawls 30 Sit Ups</p> <p>RX: 55/35</p>	<p><b>EMOM x 8</b></p> <p>5 Squat Jumps 5 Push Ups</p>
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## Thursday/Friday

<p><b>15min Time Cap</b></p> <p><b>Tabata:</b> Sit Ups -Then- 400m Run 25 Burpees 400m Run</p>	<p><b>3x NFT:</b></p> <p>5/5 SL Roman DL 10 Upright Rows</p>	<p><b>10min AMRAP</b></p> <p>10 Jump Lunges 5/5 Push Press 100m Run</p>	<p><b>3x NFT:</b></p> <p>45 sec wall sit 15 sec Rest 45 sec plank 15 sec Rest</p>
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## KEY

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X - rounds (i.e. 3x: = 3 Rounds)

RX - prescribed weight or suggested weight

Tabata - 8 rounds of 20 secs of work 10 secs rest , total 4mins

Benchmark - This is a workout that will/could be tested later

SA - single arm

SL - single leg

KB - kettlebell

DL - deadlift

NFT - Not For Time

R - Right

L - Left

OH - Overhead

m - meter

s - seconds

min - minute

time cap - amount of time allotted for the workout

AKBS - American Kettlebell Swings

RKBS - Russian Kettlebell Swings

Mtn. - mountain

EMOM - Every Minute On the Minute

Shldr - shoulder

E90s - Every 90 Seconds

Pwr - Power

## MONDAY

<p><b>4X For Time:</b>          10 Thrusters          10 AKBS          10/10 Power Cleans          200m Run</p> <p>RX: 55/35          15min Time Cap</p>	<p><b>5x:</b>  <b>30s work/ 30s Rest</b></p> <p>Frog Glute Bridge          Bottom Of Squat          Hold</p>	<p><b>1x For Time:</b>          50 Plank Shldr Taps          40 Toe Taps On KB          30 Russian Twist          20/20 Static Lunges          10 Burpee Broad          Jump</p> <p>*Repeat In Reverse*</p>
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## Tuesday/Wednesday

<p><b>Egos x 7</b></p> <p>2 Pwr Cleans          1 Push Press          1 Push Jerk</p> <p>Rx: 55/35</p>	<p><b>For Time:</b>  <b>21-15-9-6-3</b></p> <p>Push Ups          Sit Ups</p>	<p><b>5min AMRAP</b>          3 Squats          6 Alternating Lunges          9 Line Hops</p> <p><b>REST 2M</b>          Repeat for a  <b>3M AMRAP</b></p>	<p><b>3x:</b>  <b>30s work/ 30s Rest</b></p> <p>V Sit Hold          Plank Hold          Glute Bridge Hold</p>
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## Thursday/Friday

<p><b>1X For Time:</b>  <b>12min Cap</b>          25 Sit Ups          25 Burpees          400m Run          15 Sit Ups          15 Burpees          400m Run</p>	<p><b>3x For Time:</b>          8/8 Suitcase DL          10m OH Carry R          10m OH Carry L          8 RKBS</p>	<p><b>BENCHMARK Tester</b>  <b>2x For Time:</b>          8/8 Squat Cleans          8 AKBS          15 Lunge Pass          Through</p> <p>RX: 55/35</p>	<p><b>3x NFT:</b>          10 Hollow Body Rocks          10 Supermans</p>	<p><b>Tabata:</b>          Plank with variations</p>
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## MONDAY

<p><b>10min Time Cap</b> 400m Run -Then- <b>15-12-9</b> Sit Ups Burpees -Then- 400m Run</p>	<p><b>3X NFT:</b>  5/5 SL Roman DL 10 upright row  RX: 55/35</p>	<p><b>10min AMRAP</b>  5/5 Snatch 10/10 Clean &amp; Press 15/15 Lateral Lunges  RX: 55/35</p>	<p><b>3X : 30s work/ 30s rest</b>  V Sit Hold Superman Hold</p>
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## Tuesday/Wednesday

<p><b>Tabata: AKBS</b> <b>2x:</b> 45s work/15s Rest Power Clean &amp; Press SDHP Push Ups  RX: 55/35</p>	<p><b>10m AMRAP</b>  200m Run 3/3 SA Swings 6/6 Snatch 9/9 Lunges  Rx: 55/35</p>	<p><b>EMOM x 8</b> 5 sprawls 5 Jump Squats Hold Plank Remaining of the min  Rx: 55/35</p>
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## Thursday/Friday

<p><b>7min AMRAP</b> 5 Push Ups 10 Lunges KB In front rack position 15 SDHP  Rx 55/35</p>	<p><b>Tabata:</b>  Russian Twist</p>	<p><b>7min AMRAP</b>  100m Run 15 AKBS  RX: 55/35</p>	<p><b>3X NFT:</b>  15/15 Clam Shells 15 Glute Bridges  RX: 55/35</p>	<p><b>7min AMRAP</b>  5 Sprawls 3/3 OH Press 5 Goblet Squat  RX: 55/35</p>
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## MONDAY

<p><b>Tabata:</b> Mtn Climbers REST 1 M</p> <p><b>Tabata:</b> RKBS REST 1 M</p> <p><b>Tabata:</b> Push Ups</p> <p>RX: 55/35</p>	<p><b>3x NFT:</b></p> <p>10 Supermans 5/5 SL Glute Bridges</p>	<p><b>15m Running Clock</b> 800m Run AMRAP in remaining time</p> <p>20 H2H Swings 10 2 Hand Push Press 5 Squat Jumps</p>
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## Tuesday/Wednesday

<p><b>10-8-6-4-2</b> Dual KB Squats Broad Jumps 100m Run (1x after each set)</p> <p>RX: 55/35</p>	<p><b>3x NFT:</b></p> <p>5/5 Bent Over Row 5/5 Plank Rotation</p> <p>RX: 55/35</p>	<p><b>For Time:</b> <b>15-12-9</b> 2 Handed DL 2 Handed Push Press</p> <p>RX: 55/35</p>	<p><b>3x NFT:</b></p> <p>15/15 Clam Shells</p>	<p><b>7m AMRAP</b></p> <p>5 AKBS 10 Push Ups 15 Situps</p> <p>RX: 55/35</p>
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## Thursday/Friday

<p><b>***OPTION ***</b> <b>BENCHMARK RETEST</b> 3x For Time: 10/10 Squat Cleans 10 AKBS 20 Lunge Pass Through</p> <p>RX: 55/35</p>	<p><b>1x: For Time:</b></p> <p>50 KB Ground To OH</p>	<p><b>4x: For Time</b> 10 HR Push Ups 20 American Swings 30 Russian KB Twist</p> <p>RX: 55/35</p>	<p><b>3x NFT:</b></p> <p>20 Frog Bridges 30sec Bottom of Squat Hold</p>
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# BOOTCAMP WORKOUT LOG VOLUME 1



Name: \_\_\_\_\_  
Date: \_\_\_\_\_  
Goal: \_\_\_\_\_

	SCORE	SCORE	SCORE	SCORE
Week 1 Day 1				
Week 1 Day 2				
Week 1 Day 3				
Week 2 Day 1				
Week 2 Day 2				
Week 2 Day 3				
Week 3 Day 1				
Week 3 Day 2				
Week 3 Day 3				
Week 4 Day 1				
Week 4 Day 2				
Week 4 Day 3				