



## Become Your Own Hero Online Bootcamp Program

Workout at the comfort of your own home/office

Date: Wednesday 17:30 -18:30 18 March 2020

Warm up 5'

CIRCUIT 1: 30" ON, 15" REST x 3 times

1. Push ups
2. Squats
3. Mountain climbers
4. Plank

CIRCUIT 2: 30" ON, 15" REST x 3 times

1. Elbow plank to high plank
2. Curtsy lunges
3. Bear walks
4. Reverse lunges

TABATA: 20" ON, 10" REST x 3 times

1. High knees
2. Inch worms
3. Plank jack
4. Jumping jacks

Mindfulness Meditation 2'

Gratitude 1'

Feedback 5'

1. How was the session for you? One word answer.
2. What is one thing we can improve for our next bootcamp?



*'Do something today, that your future self will thank you for.'*