

TEAM BOOT CAMP

- Life Time's TEAM training programs like TEAM Boot Camp are a great opportunity to train multiple times each week with a personal trainer plus with other peers to hold you accountable & train alongside you. Ask the trainer leading today's event for more info on classes at your location or email 60day@lt.life

	Sets	Time On	Rest	Total Time
Dynamic Warmup				
Kneeling Quad Extension	1	60 sec.	60 sec.	10 min.
Kneeling Hip Flexor	1	60 sec.	60 sec.	
Crossover Hamstring	1	60 sec.	60 sec.	
Side Lunge	1	60 sec.	60 sec.	
Jump Rope	1	60 sec.	60 sec.	
Explosive Repeat				
Push Up, Plank Hold	2	20 sec., 10 sec.	60 sec.	12 min.
Jumping Lunge, Lunge Hold	2	20 sec., 10 sec.	60 sec.	
Leg Ups, 45 Degree Leg Hold	2	20 sec., 10 sec.	60 sec.	
Jump Squat, Squat Hold	2	20 sec., 10 sec.	60 sec.	
High Resistance Intervals – Partnered (You Go, I Go)				
Tire Flip + Burpee (skip Tire if inaccessible)	2	60 sec.	30 sec.	12 min.
Plank Row	2	60 sec.	30 sec.	
Suicide Sprint	2	60 sec.	30 sec.	
Running RB Bear Crawl	2	60 sec.	30 sec.	
Cardiac Output				
Broad Jumps	3	40 sec.	20 sec.	6 min.
Weighted Sit Ups	3	40 sec.	20 sec.	
Core, Static Stretching and/or Foam Rolling				
Reverse Crunch	2	60 sec.	NA	6 min.
Seated Rotation	2	60 sec.	NA	
Prone Cobra	2	60 sec.	NA	