

## BOOT CAMP FAT BLASTER WORKOUT

Perform each Giant Set for 3 full rounds. "You'll want to keep moving in between the supersets and giant sets, but rest after the full superset or giant set is complete." Begin with 5 minutes of warm-up on a bike.

EXERCISE	REPS
<b>GIANT SET 1</b>	
Burpees	15
Pushups on Coreboard or Regular Pushups	10
Mountain Climbers	50 total

<b>GIANT SET 2</b>	
Squat/Kettlebell Raise	15
Pop Squat on to a Step	15
Dips on Bench	15-20

<b>GIANT SET 3</b>	
Bench Jumps	30 seconds
Bent over Rows	15
Walking Lunges (Weighted)	10 forward 10 backward

<b>GIANT SET 4</b>	
Toe Taps on a Bench	50 total
21s with a Barbell or Dumbbells	1 set
Jump Squats	10-15

FINISH WITH 10-15 MINUTES OF ABS.