

*Pauline Nordin's*  
**BOOT CAMP WORKOUT**

• THIS PROGRAM HAS NO REST IN BETWEEN SETS. IT IS ONE LONG MARATHON!!!! YOU WILL NEED A TIMER, A PARTNER, OR RECORD THE TIMES YOURSELF AND HAVE A BEEP FOR EACH INTERVAL. EXCELLENT FOR BOOT CAMP WORKOUTS! MAKE SURE YOU LOAD YOUR SETS WITH WEIGHTS IF IT'S TOO EASY. THE HEAVIER THE WEIGHT, WHILE DOING ALL THE MINUTES NON STOP, THE TOUGHER IT IS. YOU CAN ALSO END IT WITH 1.5 MILES RUN AS FAST AS YOU CAN.

TIME/REPS	EXERCISE
4 MIN	DEADLIFT
2 MIN	SQUAT
1 MIN	STANDING BARBELL SHOULDER PRESS
1 MIN	FLAT BENCH BARBELL TRICEPS EXTENSION
1 MIN	PUSH-UP
1 MIN	STRAIGHT LEG HANGING LEG RAISE
1 MIN	CRUNCH
1 MIN	BENCH DIPS
2 MIN	STANDING BARBELL BICEPS CURL
2 MIN	SQUAT
4 MIN	DEADLIFT
1 MIN (PER LEG)	DUMBBELL LUNGE
MAX REPS	PULL-UPS
MAX REPS	STRAIGHT LEG HANGING LEG RAISE
MAX REPS	PULL-UPS
MAX REPS	STRAIGHT LEG HANGING LEG RAISE
MAX REPS	PULL-UPS
MAX REPS	STRAIGHT LEG HANGING LEG RAISE
1 MIN	STANDING LATERAL RAISE
1 MIN	BENT OVER DUMBBELL LATERAL RAISE
4 MIN	DEADLIFT
1 MIN	STIFFED LEGGED DEADLIFT
50	CRUNCH
1 MIN	PUSH-UP
3 MIN	SQUAT