

## Back Yard Boot Camp – Day 1

### Dynamic Warm Up!!

<b>Exercise</b>	<b>Time/Reps</b>	<b>Modification</b>	<b>Circuits</b>	<b>Notes</b>
<b>Quadplex 1:</b>				
Squat Curl Press	45S	Weight Level	3	
DB Chest Press	30S	Weight Level	3	
Skull Crushers	30S	Weight Level	3	
Shuffle on Step, Box or Curb	30S	Rest As Needed	3	<b>Drink H2O</b>
<b>Quadplex 2:</b>				
Pulsating Lunges	25S EA Leg	Weight Level	3	
Pushups	30S	Rest As Needed	3	
Overhead Triceps Extension	30S	Weight Level	3	
Squat, Jab-Punch 180's	30S	Rest As Needed	3	<b>Drink H2O</b>
<b>Quadplex 3:</b>				
Sumo Squats	30S	Weight Level	3	
DB Chest Fly	30S	Weight Level	3	
6 Inch Killers	30S	Rest As Needed	3	
Mountain Climbers	30S	Rest As Needed	3	<b>Drink H2O</b>
<b>Super-set 4:</b>				
Arm Circles Forward & Backward	15S EA Dir	Rest As Needed	3	
High Knee Lateral Shuffle	30S	Rest As Needed	3	<b>Drink H2O</b>

### Cool Down Stretching!

#### Notes:

Start with Quadplex #1, beginning with the first exercise for the given amount of time. Then move right into the second exercise in the first Quadplex with as little rest as possible, followed by the third and fourth exercises, again, with as little rest between exercises as possible. After moving through the four exercises in the first Quadplex once, rest between 15 – 30 seconds, then perform a second and third round (or set) of the first Quadplex.

After three rounds of the first Quadplex, you'll move onto the second Quadplex, third Quadplex, and then finish with Super-set 4.

Then entire workout is designed to work your muscles intensely, and elevate your heart rate simultaneously, and be completed in one hour. Challenge yourself at your own personal level, resting when you need to rest.

DB = Dumbbells, BW = Body Weight, Alt = Alternating, 30S = 30 Seconds of Exercise, 30S EA = 30 Seconds Each Side

Questions or feedback? Email Brian at [brian@healthstylefitness.com](mailto:brian@healthstylefitness.com)!

Have an awesome workout!