



Fitness Bootcamp[®]

by Dimitris Papazoglou

WEEK		POWER CORE			COOL DOWN		
1	WARM UP	x1	EXERCISE	REPS/TIME	x1	EXERCISE	REPS/TIME
			Squat	10		Chest Stretch	15s
			Row	10		Back Stretch	15s
			Squat to Row	10		Low Back Stretch w/Rotation	15sec/Side
			Alt Single Leg Hip Hinge	10		Hamstring Stretch	15sec/Side
			Split Deltoid flys	16		Wide stance Hip Hinge	15sec/Side
			Roll outs	10		Glute Stretch	15sec/Side
			Cossacks Stretch	16		Calf Stretch	30sec/Side
			Chest Press	10		Calf Thruster	6passesE/S
	ROUND			EXERCISE	REPS/TIME		EXERCISE
1	x3	T's Deltoid Flys	10	Glute Roll	6passesE/S	Quad Roll	6passesE/S
		Squat	10	Mid Back Thruster	6passes	Lat Roll	6passesE/S
		Wall Slides	10				
		Assisted Lounge	10 E/S				
		Chest Press w/Knee Up	10 E/S				
2	x3	Biceps Curls	10				
		Chest Fly	8				
		Plank	15sec				
		Crunch	5				
3	x3	1H Bicep Curl (off set)	8				
		Side Plank	10sec E/S				
		Row	10				
		Ham Curls	10				
		Hip Press	10				



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WEEK		POWER CORE		COOL DOWN			
2	WARM UP	x1	EXERCISE	REPS/TIME	EXERCISE	REPS/TIME	
			Squat	10	x1	Chest Stretch	15s
			Row	10		Back Stretch	15s
			Squat to Row	10		Low Back Stretch w/Rotation	15sec/Side
			Alt Single Leg Hip Hinge	10		Hamstring Stretch	15sec/Side
			Split Deltoid flys	16		Wide stance Hip Hinge	15sec/Side
			Roll outs	10		Glute Stretch	15sec/Side
			Cossacks Stretch	16		Calf Stretch	30sec/Side
			Chest Press	10		Calf Thruster	6passesE/S
	ROUND			EXERCISE		REPS/TIME	EXERCISE
1	x3	I's Deltoid Flys	10	Glute Roll	6passesE/S		
		OH Squat Press	10	Quad Roll	6passesE/S		
		Assisted Lounge w/Knee	10	Mid Back Thruster	6passes		
		Spider Man Chest Press	10 E/S	Lat Roll	6passesE/S		
2	x3	Biceps Curls	10				
		Chest Fly	8				
		Assisted Body Saw	8				
		Crunch	10				
3	x3	1H Bicep Curl (off set)	8				
		Pendulum	20 Alt				
		Row (under anchor)	10				
		Ham Curls 2 Hip Press	5				



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WEEK		POWER CORE			COOL DOWN		
3-4	WARM UP	x1	EXERCISE	REPS/TIME	x1	EXERCISE	REPS/TIME
			Squat	10		Chest Stretch	15s
			Row	10		Back Stretch	15s
			Squat to Row	10		Low Back Stretch w/Rotation	15sec/Side
			Alt Single Leg Hip Hinge	10		Hamstring Stretch	15sec/Side
			Split Deltoid flys	16		Wide stance Hip Hinge	15sec/Side
			Roll outs	10		Glute Stretch	15sec/Side
			Cossacks Stretch	16		Calf Stretch	30sec/Side
			Chest Press	10		Calf Thruster	6passesE/S
	ROUND		EXERCISE	REPS/TIME		EXERCISE	REPS/TIME
	1	x3	Y's Deltoid Flys	10		Glute Roll	6passesE/S
			OH Squat	10		Quad Roll	6passesE/S
			Lounge	10		Mid Back Thruster	6passes
			Spider Man Push Ups	10 E/S		Lat Roll	6passesE/S
	2	x3	Biceps Clutch	10			
			Chest Fly	8			
			Body Saw	8			
			Pikes	10			
	3	x3	1H Bicep Curl	8			
			Side Crunch	10 E/S			
Inverted Row			8				
Ham Curls 2 Hip Press			10				