



Fitness Bootcamp[®]

by Dimitris Papazoglou





CHALLENGE Phase 1

Exercise	Reps	equip
ROWS	25	TRX
DEADLIFTS	50	BARBELL 30KGR
PUSHUPS	50	MAT
SQUATS	50	NONE
OBLIQUE LEG RAISE	50	TRX
SHOULDERPRESS	25 E-S	DUMBBELL 5 KGR
ROWS	25	TRX



COMPLETE GOAL UNDER 20min

PREPARE FOR 300challenge Phase 2



CHALLENGE Phase 2

Exercise	Reps	equip
PULLUPS	25	TRX
DEADLIFTS	50	BARBELL 40KGR
PUSHUPS	50	MAT
JUMPSQUATS	50	NONE
FLORWIPERS	50	BARBELL 30KGR
CLEAN PRESS	25 E.S.	DUMBELL 8 KGR
ELEVATED ROW	25	TRX



COMPLETE GOAL UNDER 20min

PREPARE FOR 300challenge Phase 3



CHALLENGE Phase 3

Exercise	Reps	equip
PULLUPS	25	RESISTANCE BAND ASSIST
DEADLIFTS	50	BARBELL 50KGR
PUSHUPS	50	MAT
JUMPSQUATS	50	BOX
FLOORWIPERS	50	BARBELL 40KGR
CLEAN PRESS	25 E.S.	DUMBELL 10KGR
PULLUPS	25	RESISTANCE BAND ASSIST



COMPLETE GOAL UNDER 20min

PREPARE FOR 300 ORIGINAL challenge



**ORIGINAL
CHALLENGE**

Exercise	Reps	equip
PULLUPS	25	
DEADLIFTS	50	BARBELL 60KGR
PUSHUPS	50	MAT
JUMPSQUATS	50	BOX
FLOORWIPERS	50	DUMBBELL 60KGR
CLEAN PRESS	25 E.S.	KBELL 12KGR
PULLUPS	25	



COMPLETE GOAL UNDER 20min

PREPARE FOR 300 ORIGINAL challenge