

BOOT CAMP WORKOUT #3

POWER

Tired of your usual gym routine? Us too. So we talked to Stacy Berman, certified trainer and head of Stacy's Boot Camp in New York City. The result? A six-week workout plan that will whip you into shape—guaranteed!

Week 1

5-minute warm-up jog or jump rope

CIRCUIT 1

25 Squats
15 Pushups
50 Jumping Jacks
Repeat three times.

CIRCUIT 2

10-15 Squat Thrusts
10-15 Alternating Forward Lunges per leg
20 Leg Lifts
Repeat three times.

CIRCUIT 3

1-minute run or 1-minute jump rope
1 minute plank position
Repeat three times.

Week 2

5-minute warm-up jog or jump rope

CIRCUIT 1

15 Pushups
8 Turkish Get-ups per side
15 Squat Thrusts
10 Alternating Lunges on each leg
Repeat three times.

CIRCUIT 2

10 Inchworms
25 High knees on each leg
50 Jumping Jacks
Repeat three times.

CIRCUIT 3

20 Leg Lifts
25 Russian Twists
1-minute plank position
Repeat three times.

Week 3

5-minute warm-up jog or jump rope

CIRCUIT 1

25 Squats
10 Squat Jumps
10 Squat Thrusts with Pushup
10 Side-to-side Lunges per leg
10 Pushup Rows
Repeat two times.

CIRCUIT 2

1-minute Squat Hold
15 Inchworms
10 Turkish Get-ups per side
15 Alternating Lunges per leg
Repeat two times.

CIRCUIT 3

Wind sprints: Run as fast as you can for 30 seconds to 1 minute. Then jog back to your starting point
Repeat this as many times as you can for 10 minutes.

Week 4

5-minute warm-up jog or jump rope

CIRCUIT 1

20-25 Split Jumps
25 High Knees per leg
15 Squat Thrusts with Pushup
Repeat five times.

CIRCUIT 2

15 Side-to-side Lunges per leg
20 Inchworms
Repeat two times.

CIRCUIT 3

20 V-ups
20 Situps
Repeat four times.

Week 5

5-minute warm-up jog or jump rope

CIRCUIT 1

10 Pushups
30 seconds to 1-minute sprint, then jog back to starting position
Repeat 10 times.

CIRCUIT 2

25 Squats
20 Alternating Lunges per leg
10 Pushup Rows
15 Squat Jumps
15 Turkish Get-ups per side
Repeat two or three times.

CIRCUIT 3

20 Squat Thrusts
25-50 Russian Twists
Repeat three or four times.

Week 6

5-minute warm-up jog or jump rope

CIRCUIT 1

Ladder: Judo Pushups & Split Jumps
Start at 10 reps per exercise and decrease one rep per set. So do 10 judo pushups and 10 split jumps, then do 9 of each, and so on.

CIRCUIT 2

1-minute Squat Hold
14-20 Spiderman Pushups
Repeat two times.

CIRCUIT 3

20 seconds Squat Thrusts with a Pushup
10-second rest
Repeat eight times for a total of four minutes.

Boot Camp Exercises Ideas

R Barnett



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