

AT HOME BOOT CAMP

no equipment necessary!



Be sure to watch [the video that goes along with this PDF](#) so you know the exact format of the workout. Below, I've broken down each of the exercises and appropriate suggestions for proper form. Remember to do a warm-up before starting any intense exercise!

JUMPING JACKS

While you're jacking, be sure to keep your chest lifted and avoid slumping. Keep the body tight and strong!

Modification: tap each leg while lifting the arms.

SQUATS

With the feet hip width apart, squat down bringing your hips to knee height or just below. Keep the chest lifted and the butt down, driving through the heels on the way up. Don't let the knees extend past the toes!

HIGH KNEES

Level 1: Alternate bringing the knees up high— hip height!

Level 2: Alternate bringing the knees up high, and movement in the arms, crunching your abs tight and reaching high.

Level 3: Alternate bringing the knees up high quickly! Move fast, but move high first!

PLANK

Place your hands or elbows directly under the shoulders, legs extended behind with the back long and strong. Keep the core tight, quads engaged and chest lifted.

Modification: Drop to the knees.

LUNGE & KICK

Keep one foot planted on the floor. Take the other leg behind you into a perfect lunge— aim for 90° angles in both legs, front thigh parallel to the floor, chest lifted and core tight. Drive through the planted foot, and bring the back leg up to kick in front of your body. Use your arms naturally for momentum and stability. Repeat on the same leg for the interval.

MOUNTAIN CLIMBERS

Start in plank position with your hands below the shoulders. Spine is neutral, back is flat, chest lifted and core tight. Alternate bringing one knee in towards the elbow/chest, and then the other. Once you've got the form, add speed!

LUNGE & KICK

Repeat on the other leg. See above for detailed form instructions.

PLANK JACKS

Start in plank position with your hands below the shoulders. Spine is neutral, back is flat, chest lifted and core tight. Jump both legs out and then back in, keeping the body tight and strong throughout. Do not let the hips lift too high or sag low.

Modification: Alternating foot taps on each side in plank position or holding a normal plank.

SWITCH KICKS

Standing, alternate kicking with each leg, getting higher than the hip every time. Be sure to extend your leg and kick rather than lift the knee. To add intensity, increase your speed and make the kicks dynamic! Height first, speed second!

SPIDER PLANK

Start in plank position with your hands below the shoulders. Spine is neutral, back is flat, chest lifted and core tight. Bring the right foot up next to the right hand, and then return to plank and switch with the left. Keep the hips down to maintain a deep range of motion.

For more of a challenge, add a dynamic hop and some speed!



mind over munch

[YouTube.com/mindovermunch](https://www.youtube.com/mindovermunch)

[Click here to watch the Kickstart series!](#)