

BCx	LOWER BODY MISSION (1)		UPPER BODY MISSION (2)		CARDIO & COND. MISSION (3)		LEGS & GLUTES MISSION (4)		CORE & UPPER BODY MISSION (5)													
Boot Camp Warm Up	(1x) Butt Kicks	25	Boot Camp Warm Up	(1x) Butt Kicks	25	Boot Camp Warm Up	(1x) Butt Kicks	25	Boot Camp Warm Up	(1x) Butt Kicks	25											
	Jumping Jacks (2x)	25		Jumping Jacks (2x)	25		Jumping Jacks (2x)	25		Jumping Jacks (2x)	25											
	Squats	25		Squats	25		Squats	25		Squats	25											
	2-Step Heismans (2x)	25		2-Step Heismans (2x)	25		2-Step Heismans (2x)	25		2-Step Heismans (2x)	25											
	Jump Rope	2min		Jump Rope	2min		Jump Rope	2min		Jump Rope	2min											
	Stretching	light		Stretching	light		Stretching	light		Stretching	light											
The Bomb	(3x) Alternating Forward Lunges	20	Burnt 1	(3x) Push Press	15	The Push	(3x) Run In Place	30	Dead Legs	(3x) Prisoner Squats	20	Burnt 3	(5x) Push Ups	5								
	Squats	20		Push Ups	5		Butt Kicks	30		Mary Catherine's	20		Pull Ups	5								
	Burpees	10		Pull Ups	5		Jumping Jacks	30		X-Squats	20		Sit Ups	5								
	Jump Rope	1min		Mountain Climbers	15		High Knees	10		Crisscross Squats	20		Mountain Climbers	15								
	Alternating Forward Lunges	20	Burnt 2	(3x) Dumbbell Overhead Squats	15	Ten-Four	Jump Rope	1min	Bridges	20	Burnt 4	(3x) Dumbbell Bent Over Row	15									
	Jumping Jacks	20		Push Ups	5		(10x) Jumping Jacks	10	Wall Sit	1min		Resistance Band Seated Row	15									
	Burpees	10		Pull-ups	5		Burpees	10	Old School	(4x) Jumping Jacks		20	Hanging Knee Ups	15								
	Wall Sit	1min		Burpees	15		Push Ups	10		Burpees		10	Burpees	15								
Welcome Package	(3x) Butt Kicks	20	Bear Crawl Suicidal Sprints	(3x) Steps Out / Push Ups	3/2	Boot Camp Warm Up	BONUS MISSION (6)	Old School		Old School	Old School	Old School	Burnt 5	(3x) Thrusters	15							
	Squat Front Kicks	20		Steps Out / Push Ups	6/4									Mile Run	1	Jumping Jacks	20	Dumbbell Lateral Raises	15			
	Heismans	20		Steps Out / Push Ups	9/6				Boot Camp Warm Up					(1x) Butt Kicks	25	Mountain Climbers	10	Jumping Jacks	20	Rear Delt Fly	15	
	Jumping Jacks	20		Mountain Climber Burpee Suicides	(1x) Burpees									10/10	Jumping Jacks (2x)	25	High Knees	10	High Knees	10	Jump Rope	1min
	Bicycle Crunches	20			Burpees									9/9	Squats	25	Jumping Jacks	20	Jumping Jacks	20	Dumbbell Standing Bicep Curl	12reps 12pulse
Skater Squat Shuffle	(3x) Skaters	20	Mountain Climbers		8/8	2-Step Heismans (2x)	25	Skaters		10	Skaters	10	Triceps Extension	12reps 12pulse								
	Butt Kicks	20	Burpees		7/7	Jump Rope	2min	Slow Mc	Slow Mc	Slow Mc	Slow Mc	Slow Mc	Arm A Get'n	Jump Rope	1min							
	Squat Front Kicks	20	Mountain Climbers	6/6	Stretching	light	(3x) Static Lunge							10sec R/L	Static Lunge	10sec R/L	Slow Knee Repeaters	15R/15L				
	Butt Kicks	20	Burpees	1/1	Day of Reckoning	(1x) Mile Run	1							Lunge Front Kicks	15R/15L	Slow Knee Repeaters	15R/15L	Jump Rope	1min			
	Shuffle (quick switch)	20	Boot Camp Core	(1x) Oblique Crunches		25L/25R	Burpees							25	Thrust Lunge Jump	Thrust Lunge Jump	Thrust Lunge Jump	Thrust Lunge Jump	Boot Camp Core	Oblique Crunches	25L/25R	
Butt Kicks	20	Pulse Side Planks		25L/25R		Stretching	light	Overhead Walking Lunges	20	Oblique Crunches	25L/25R											
Plank and Simple	(3x) Plank	30 Sec		Side V-Ups		25L/25R	Day of Reckoning	Mile Run	1	Jump Rope	100	Side V-Ups	25L/25R									
	Side Plank (both sides)	30 Sec		Bicycle Crunches (Slow)	25	Burpees		25	Boot Camp Core	Boot Camp Core	Boot Camp Core	Bicycle Crunches (Slow)	25									
	Oblique Crunches	25L/25R	Bicycle Crunches (Fast)	25	Sit Ups	50		Bicycle Crunches (Fast)				25										
Bicycle Crunches	25			Push Ups	25																	
						Pull Ups	25															
						Mile Run	1															