

WORKOUT #1

“LUCKY 7’S”

WARM-UP (5-10 MIN)

WORKOUT

COMPLETE 7 ROUNDS IN BEST TIME

7 JUMPING JACKS

7 SQUATS

7 WALKING LUNGES (EACH SIDE)

7 BICEP CURLS (EACH SIDE)

7 TRICEP DIPS (ON CHAIR OR BENCH)

7 PUSH-UPS

7 CRUNCHES

3-5 MIN REST

CARDIO

150 JUMP ROPE (OR) RUN ½ - 1 MILE

CORE WORK – COMPLETE 1-3 ROUNDS

20 CRUNCHES

20 OBLIQUE CRUNCHES (LEFT)

20 OBLIQUE CRUNCHES (RIGHT)

COOL-DOWN (5-10 MIN)

STRETCH OUT WELL!

Created by Laura Forte

Visit www.BayViewBootCamp.com

