**Beginner Bootcamp Workout 3**

*Need- weights, long band, small ball, loop band*

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| **GROUND ROUND 1 X 4** | **STANDING ROUND 2 X 4** |
| 30 sec Chest Press  30 sec Skull Crushers  30 sec Dying bug hold with hip extensions | 30 sec deadlifts  30 sec squats into straight glute kickback  30 sec bicep curl into kickback |
| 3 MIN CARDIO BURST | 4 MN CARDIO BURST |
| **GROUND ROUND 3 X 4** | **STANDING ROUND 4 X 4** |
| 30 sec kneeling band rows  30 sec kneeling paloff press (anti-rotations)  30 sec kneeling reverse band fly | 30 sec Narrow Squeeze Squat  30 sec Lateral Banded Walks  30 sec Hip flexor lifts |
| 5 MIN CARDIO BURST | 6 MN CARDIO BURST |

***Cardio burst can be- walk, run, bike, dance etc***

**If you need a video of these exercises please go to** [**www.functionalfitnesswithjo.com**](http://www.functionalfitnesswithjo.com) **and Find**

**Classes During Covid- Beginner Bootcamps Self Directed**