

BOOTCAMP

If you are someone looking to begin your fitness journey with the right intention and gain the correct knowledge while moving, this program is for you.

Understand your body's limits and progress daily. Bootcamp will be a mix of strength and cardio workouts, all designed in a way to make you stronger.

FIT TEST

	SET 1	SET 2	SET 3
	Rounds/Weights	Rounds/Weights	Rounds/Weights
FIT TEST 1			
FIT TEST 2			

If you have missed any workouts, it is acceptable to resume from where you left off. If you have taken an extended break, you may opt to restart.

The FIT Test is scheduled twice within the program to assess your fitness level and track your progress.

PROGRAM SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	The Power of Basics	All Core	Rest Day	Power Cardio	Pure Strength	Rest Day	Core Strength & Stability
WEEK 2	Let's Tabata	The Power of Basics	Rest Day	All Core	Power Cardio	Rest Day	Pure Strength
WEEK 3	Core Strength & Stability	The Pyramid	Rest Day	Upper Body Eccentric	Lower Body Eccentric	Rest Day	Fit Test
WEEK 4	The Ultimate Cardio	Strength O Clock	Rest Day	Core Shred	Let's Tabata	Rest Day	Pure Strength
FINALE WEEK							
WEEK 5	Power Cardio	Strength O Clock	Rest Day	Core Shred	Pure Strength	Rest Day	The Pyramid
WEEK 6	Fit Test						

Please feel free to choose any mobility exercise from the FREEDOM mobility series once a week according to your comfort; it'll be helpful for injury prevention and for you to perform your workouts more efficiently.