

Back Yard Boot Camp – Day 2

Dynamic Warm Up!!

| Exercise | Time | Modification | Circuits | Notes |
|-----------------------------------|-------------|---------------------|-----------------|------------------|
| Quadplex 1: | | | | |
| Stiff Legged Dead-lift | 45S | Weight Level | 3 | |
| Fire Hydrant + Reverse Leg Raise* | 30S EA | Rest As Needed | 3 | |
| 2-Arm Row | 30S | Weight Level | 3 | |
| Half Burpees | 30S | Rest As Needed | 3 | Drink H2O |
| Quadplex 2: | | | | |
| Squat Upright Row | 45S | Weight Level | 3 | |
| Hip Circles – Forward & Back** | 30S EA | Rest As Needed | 3 | |
| Reach Arounds | 30S | Rest As Needed | 3 | |
| Burpees | 30S | 2 Levels | 3 | Drink H2O |
| Triplex 3: | | | | |
| Reverse Grip 2-Arm Row | 30S | Weight Level | 3 | |
| Bicycle Crunch | 30S | Rest As Needed | 3 | |
| Fast Feet with Drops | 30S | Rest As Needed | 3 | Drink H2O |
| Core Super-set 4: | | | | |
| Plank | 45S | Rest As Needed | 3 | |
| Russian Twist | 30S | Rest As Needed | 3 | Drink H2O |

Do an AB Series!!

Notes:

***Fire Hydrant + Reverse Leg Raise:** You'll perform 30S of the fire hydrant on the right leg, then 30S of reverse leg raise on the same leg. Then you'll move into 30S fire hydrant and 30S of reverse leg raise on the left leg.

****Hip Circles – Forward & Back:** You'll perform 30S of hip circles forward, then 30S of hip circles backward on the right leg, then repeat for the left leg.

Start with Quadplex #1, beginning with the first exercise for the given amount of time. Then move right into the second exercise in the first Quadplex with as little rest as possible, followed by the third and fourth exercises, again, with as little rest between exercises as possible. After the four exercises in the first Quadplex once, rest between 15 – 30 seconds, then perform a second and third round (or set) of the first Quadplex.

After three rounds of the first Quadplex, you'll move onto the second Quadplex and follow the same format, and then you'll complete Triplex 3 and then Core Super-set 4.

Then entire workout is designed to work your muscles intensely, and elevate your heart rate simultaneously, and be completed in one hour. Challenge yourself at your own personal level, resting when you need to rest.

DB = Dumbbells, BW = Body Weight, Alt = Alternating, 30S = 30 Seconds of Exercise, 30S EA = 30 Seconds Each Side

Questions or feedback? Email Brian at brian@healthstylefitness.com!