

60-DAY
BOOTCAMP

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



20 jumping jacks



20 seal jacks



20 climbers



20 climber taps



10 burpees

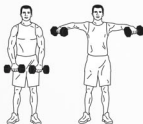
Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



12 bicep curls



8 upright rows



8 lateral raises



8 shrugs



8 bent over rows

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



12 long-arm crunches



12 sitting twists



12 flutter kicks



8 leg raises



8 raised leg circles



60sec leg raises

60sec hold

change legs and repeat the sequence



60sec side leg raises

60sec hold

change legs and repeat the sequence

optional



5 minutes
meditation

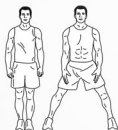
Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



20 high knees



20 butt kicks



20 half jacks

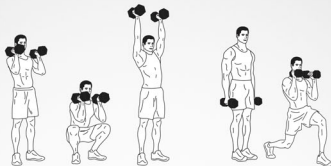


20 toe tap hops



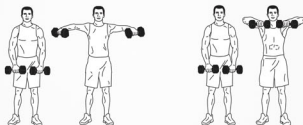
10 jumping lunges

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



12 squat into shoulder press

12 lunges



8 lateral raises

8 upright rows



8 bent over rows

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



12 plank crunches



12 body saw



12 side bridges



12-count hollow hold



12 back extensions



30 low side leg raises (right)

6 hip rotations (right)

30 low side leg raises (left)

6 hip rotations (left)

Repeat 3 times in total
60 seconds rest

30 straight leg back swings (right leg)

6 hip rotations (right)

30 straight leg back swings (left leg)

6 hip rotations (left)

Repeat 3 times in total
60 seconds rest



2 minutes tree pose hold

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



20 high knees



20 jumping jacks



20 jump squats



20 squat hops



10 burpees

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



12 alternating bicep curls



12 shoulder press



12 squats



12 tricep extensions



12 side bends

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



12 bridges



6 V-ups



12 knee-to-elbow



12 side jackknives



6 skydiver push-ups

**60sec** arm circles**60sec** hold**60sec** bicep extensions**60sec** hold

optional

**5 minutes**
meditation

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



20 jumping jacks



20 plank rotations



20 high knees

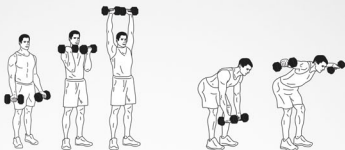


20 climbers

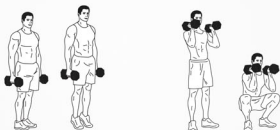


10 jump squats

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



8 bicep curls into shoulder press **8** bent over lateral raises



12 calf raises

12 squats



12 side lunges

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



12 crunches



12 folded crunches



12 circle crunches



12 heel taps



12 back extensions

Hold each pose for 30 seconds then move on to the next one.
Repeat the sequence again on the other side.



Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



20 seal jacks



20 toe tap hops



20 split jacks



20 butt kicks



10 burpees

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



12 lunges



12 calf raises



12 alternating bicep curls



12 renegade rows



8 chest press

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



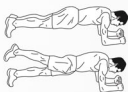
12 climbers



12 plank rolls



12 side plank rotations



12 plank leg raises



12-count elbow plank hold



60sec shoulder stretch



10 back and forth tilts



60sec back extension hold



60sec stretch hold

optional



5 minutes
meditation

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



20 high knees



20 plank rotations



20 squat hops



20 jumping lunges



20 climbers

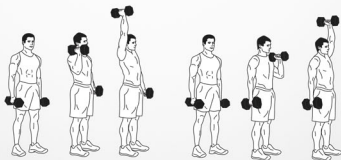
Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



8combos upright row + bicep curl → shoulder press



8combos bent over row + bent over lateral raise



8combos hammer curl, right + shoulder press
+ hammer curl, left + shoulder press

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



12 knee-to-elbow



12 leg raises



12-count elbow plank hold



12-count side plank hold



12-count hollow hold

**100** side leg raises

Hold on to something but don't put your active foot down. 50 raises per leg.

**10** deep side-to-side lunges

10 deep side-to-side lunges toes up

3 sets in total | 60 seconds rest



10 seconds each exercise; change legs and do the exercise again on the other side

**2 minutes** side split

Go as low as you can, then sit down & lean forward as illustrated above. Try to go further every time you do this workout.

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



20 jumping jacks



10 squats



20 calf raises



10 jumping lunges



20 high knees

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



14 bicep curls



10 push-ups



10 deadlifts



10 raised leg push-ups



10 bent over rows

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



12 crunches



12 cycling crunches



12-count raised legs hold



12-count plank hold



12 plank leg raises

Hold each pose for 30 seconds then move on to the next one.
Repeat the sequence again on the other side.



Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



20 high knees



10 butt kicks



10 calf raises



20 climbers



10 burpees

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



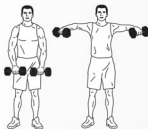
10 shoulder press



12 shrugs



10 deadlifts



8 lateral raises



12 renegade rows

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



12 raised leg circles



12 side leg raises



12 sit-up with reach



12 deadbug

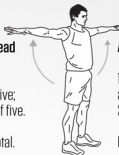


12 windshield wipers

**Arms above your head**

- 1) Breathe in deep;
- 2) Hold to count of five;
- 3) Exhale to count of five.

Repeat 5 times in total.

**Arm Raises**

- 1) Breathe in as you raise your arms;
- 2) Exhale on the way down.

Repeat 5 times in total.

**Calf Raises**

- 1) Breathe in as you rise;
- 2) Hold to count of five;
- 3) Exhale as you drop down.

Repeat 5 times in total.

**Shoulder Stretches**
arms behind your back

- 1) Breathe in as you stretch;
- 2) Hold to count of five;
- 3) Exhale as you relax.

Repeat 5 times in total.

optional



5 minutes
meditation

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



20 half jacks



10 jump squats



10 side-to-side hops



20 hops on the spot



20 butt kicks

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



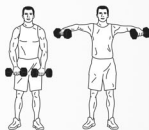
12 squats



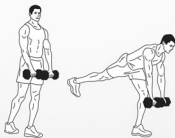
12 lunges



12 bicep curls



8 lateral raises



10 single leg deadlifts

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



12 reverse flutter kicks



8 back curls



12 plank leg raises



12 plank arm raises



8 body saw

**60sec** squat hold**60sec** hip rotations**60sec** arm circles**60sec** chest expansions**60sec** bicep extensions**60sec** shoulder taps

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



20 jumping jacks



20 toe tap hops



20 high knees



20 butt kicks



10 burpees

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



12 bicep curls



12 shrugs



10 deadlifts



10 push-ups



10 renegade rows

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



12 crunches



12 knee-to-elbow



12 flutter kicks



12 knee hugs



12-count hold

Hold each pose for 30 seconds then move on to the next one.
Repeat the sequence again on the other side.



Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



20 high knees



20 climbers



20 hops on the spot

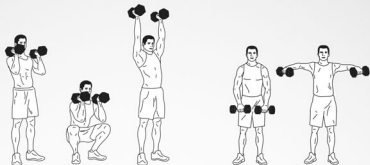


20 split jacks



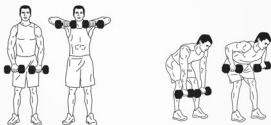
10 jumping lunges

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



12 squat into shoulder press

8 lateral raises



8 upright rows

8 bent over rows



10 hammer curls

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



12 plank rotations



12-count hold



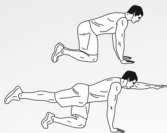
12 shoulder taps



12-count hold



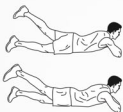
6 plank walk-outs



10 alt arm/ leg extensions
3 sets in total
 30sec rest in between



10 back arches
3 sets in total
 30sec rest in between



10 reverse flutter kicks
3 sets in total
 30sec rest in between



10-count knee hug hold
3 sets in total
 30sec rest in between

optional



5 minutes
 meditation

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



20 squats



10 jump squats



20 hops on the spot



10 hop heel clicks



20 butt kicks

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



12 cross chops



12 side bends



12 goblet squats



12 kneeling rows



10 kneeling chops

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



12 long-arm crunches



12 heel taps



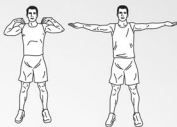
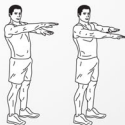
12 leg raises



12 scissors



12 flutter kicks

**60sec** bicep extensions**60sec** side shoulder taps**60sec** shoulder taps**60sec** arm circles**60sec** scissor chops**60sec** arm scissors

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



20 jumping jacks



20 seal jacks



20 toe tap hops



20 squat hops



10 burpees

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



12 arnold press



12 shrugs



10 tricep extensions



10 deadlifts



10 renegade rows

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



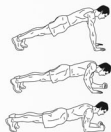
12 side bridges



12 plank rolls



12 plank crunches



6 up and down planks



6 back extensions

Hold each pose for 30 seconds then move on to the next one.
Repeat the sequence again on the other side.



Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



20 high knees



20 butt kicks



10 jump squats



20 hops on the spot



10 jumping lunges

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



14 lunges



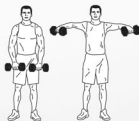
14 calf raises



12 bicep curls



8 upright rows



8 lateral raises

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



12 crunches



12 reverse crunches



8 leg raises



8 raised leg circles



12 knee-in & twist



60sec leg extensions



60sec hold

change legs and repeat the sequence



60sec side leg extensions



60sec hold

change legs and repeat the sequence

optional



5 minutes
meditation

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



10 jumping lunges



20 climbers



20 squats

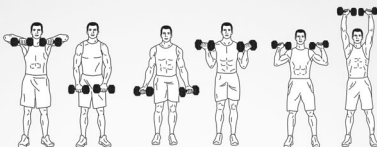


10 calf raises

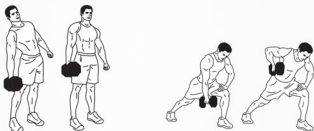


10 burpees

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



10combos upright row + bicep curl -> shoulder press



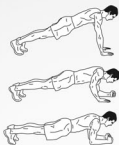
12 side bends

12 kneeling rows



10 tricep extensions

Level I 3 sets **Level II** 4 sets **Level III** 5 sets
2 minutes rest between sets



8 up and down planks



12-count hold



12 side bridges



12-count hold



8 back extensions

**100** side leg raises

Hold on to something but don't put your active foot down. 50 raises per leg.

**100** back leg raises

Hold on to something but don't put your active foot down. 50 raises per leg.

**12** deep side-to-side lunges

12 deep side-to-side lunges toes up

3 sets in total | 60 seconds rest

**2 minutes** side split

Go as low as you can, then sit down & lean forward as illustrated above. Try to go further every time you do this workout.