

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Bootcamp

V F Y W S H O U L D E R P R E S S X H M R I A G  
A N C H B U R P E E S J V E N Y A Q Z L X C G Z  
P M H D Z J Z U H Z P H M J L A P P B X D O S V  
J L E C M G H R O T F F D I Z I U U A B Q Q Q C  
U A S H C T V L Z Z A R A Y Y M S S W G R C U K  
M G T F N W Z N F S B Z Q K Z V P H U O I F A V  
P O F Z M O U V C R U N C H E S G U F B M D T L  
I P L G V O H K B A L L S L A M S P H S O L S U  
N I Y U P D M D D P K E A O C P M S H K U X F N  
G P Q E H C A J E G L U T E B R I D G E N A J G  
J T U V K H P L A N K J A C K S T S F I T K P E  
A C L S U O M M D Q H E J Q S M T I J G A J X S  
C V D L E P D X L Z J D Y G S D V T W F I W S L  
K W X Z A P N W I K T D Y U A P X U L O N J M Q  
S W Q T J E K H F O F Z W F B Q Y P E Z C H M A  
K C U S A R I T T X N H O O I C R S G O L V O P  
C I D C Z S U G S I P L F F C Z W T R J I Y M Z  
Q V Z K O V P Q G X N Q J M E C J N A W M Z E U  
B E N T O V E R R O W F Z B P Y W S I M B Q W K  
B D J U Z P E K F P I S W G C T H O S A E D V X  
U S P R I N T S W U H Q K Q U L P J E M R R Z L  
L L Z U G P O S S L N W T L R Y V Q S M S U C P  
T R I C E P D I P S M B W B L Q O W V K J E P S  
D M P Y U I P Z G P D P I B S M D U S U K D J H

mountainclimbers

shoulderpress

woodchoppers

jumpingjacks

bentoverrow

glutebridge

leg raises

bicepcurls

plankjacks

tricepdips

ballslams

deadlifts

chestfly

crunches

sprints

pushups

Burpees

lunges

situps

Squats