

# WFYD Virtual Bootcamp



11 and Over  
Friday, May 8th

## Full Body HIIT

<b>Warm-Up (20 min)</b> 40s On/20s Off Repeat 4x	<ol style="list-style-type: none"><li>1. Pogo Jumps</li><li>2. TYIs</li><li>3. Jumping Jacks</li><li>4. Squat Pulses</li><li>5. Torso Twists</li></ol>
<b>Main Circuit (20 min)</b> 45s On/20s Off Repeat 4x	<ol style="list-style-type: none"><li>1. Squat with Alternating Leg Lifts</li><li>2. Alternating Lunge</li><li>3. Burpees</li><li>4. Modified Push-Up</li><li>5. Plank Up-Down</li></ol>
<b>Cool-Down (6 min)</b> 30s On/30s Off	<ol style="list-style-type: none"><li>1. Downward Dog</li><li>2. Cat/Cow</li><li>3. Front Fold</li><li>4. Cross Body Tri Stretch (L)</li><li>5. Cross Body Tri Stretch (R)</li><li>6. Child's Pose</li></ol>

**= 46 minutes**