

**IFLY Bootcamp
6/22/2020**

Warmup

Round 1:

:30 on/:30 off Shoulder push ups
:40 on/:20 off 180 degree jump squats
:50 on/:10 off Spider planks
1:00 on 10 high knees, 1 burpee continuous cycle

1:00 Rest

Round 2:

:30 on/:30 off Pushups
:40 on/:40 off Skaters
:50 on/:10 off Twist sit-ups
1:00 on 10 mountain climbers, 2 pushups continuous cycle

1:00 Rest

Round 3:

:30 on/:30 off Couch/chair dips
:40 on/:20 off Jump lunges
:50 on/:10 off Flutter kicks
1:00 on 10 jumping jacks, 3 streamline squat jumps

1:00 Rest

3 Minute Challenge:

1:00 Plank Hold
1:00 Squats
1:00 Release pushups

Cool down