

# CIRCUIT / BOOT CAMP WORKOUTS

## ALL EQUIPMENT

<b>COUNT DOWNS and/or UPS</b>		<b>374</b>	30 x 1	1:00 / :30
(# exercises & count type + reps)		<b>375</b>	5 x 8	:45 / :20
<b>45:00 OPTIONS</b>		<b>376</b>	8 x 2	2:00 / :45
<b>348</b>	10 Varied DOWNS	<b>377</b>	6 x 6	:55 / :20
<b>349</b>	8 Varied DOWNS 20-18-16-14	<b>25:00-30:00 OPTIONS</b>		
<b>350</b>	6 Varied DOWNS	<b>378</b>	6 x 2	1:30 / :45
<b>351</b>	6 UPS 10-15-20-25-30-35-40	<b>379</b>	6 x 3	1:00 / :20
<b>25:00-30:00 OPTIONS</b>		<b>380</b>	5 x 6	:30 / :30
<b>352</b>	5 Varied DOWNS 12-10-8-6-4-2	<b>381</b>	12 x 1	1:30 / :45
<b>353</b>	7 DOWNS 16-12-8-4	<b>382</b>	5 x 3	1:30 / :30
<b>354</b>	7 Varied UPS 6-10-14-18	<b>383</b>	7 x 3	1:00 / :25
<b>355</b>	5 Varied UPS 4-8-12-16-20	<b>384</b>	4 x 5	1:00 / :20
<b>356</b>	6 DOWNS 16-14-12-10-8-6-4	<b>385</b>	11 x 2	:50 / :25
<b>10:00-15:00 OPTIONS</b>		<b>386</b>	8 x 4	:30 / :15
<b>357</b>	7 DOWNS 9-6-3	<b>10:00-15:00 OPTIONS</b>		
<b>358</b>	5 UPS 6-10-16	<b>387</b>	7 x 2	:40 / :15
<b>359</b>	5 UPS 6-10-14-18	<b>388</b>	4 x 4	:45 / :00
<b>ROUNDS (# exercises x # rounds)</b>		<b>389</b>	7 x 3	:20 / :10
<b>45:00 OPTIONS</b>		<b>TIMED CHALLENGE (# exercises x # rounds)</b>		
<b>360</b>	9 x 5	<b>45:00 OPTIONS</b>		
<b>361</b>	12 x 3	<b>390</b>	13 x 1	
<b>362</b>	7 x 6	<b>391</b>	5 x 2	
<b>363</b>	6 x 6	<b>392</b>	7 x 5	
<b>25:00-30:00 OPTIONS</b>		<b>393</b>	8 x 1	
<b>364</b>	9 x 3	<b>25:00-30:00 OPTIONS</b>		
<b>365</b>	9 x 4	<b>394</b>	4 x Varied	
<b>366</b>	4 x 3	<b>395</b>	12 x 1	
<b>367</b>	6 x 5	<b>396</b>	9 x 2	
<b>368</b>	5 x 5	<b>397</b>	6 x 2	
<b>369</b>	12 x 5	<b>398</b>	10 x 3	
<b>10:00-15:00 OPTIONS</b>		<b>10:00-15:00 OPTIONS</b>		
<b>370</b>	7 x 2-3	<b>399</b>	7 x 2-3	
<b>371</b>	7 x 3-4	<b>400</b>	3 x 5-6	
<b>372</b>	5 x 2-3	<b>401</b>	6 x 7-8	
<b>STATIONS</b>		<b>402</b>	5 x 1	
(# stations x # rounds work time / rest time)				
<b>45:00 OPTIONS</b>				
<b>373</b>	16 x 1	2:00 / :45		

# BODY WEIGHT-ONLY

COUNT DOWNS and/or UPS (# exercises & count type + reps)		STATIONS (# stations x # rounds work time / rest time)	
45:00 OPTIONS		45:00 OPTIONS	
403	6 Varied DOWNS & UPS	431	13 x 1 2:30 / 1:00
404	9 Varied DOWNS & UPS 12-10-8-6-4-6-8-10-12	432	7 x 3 1:30 / :35
405	12 DOWNS 50-40-30-20-10	433	8 x 4 1:00 / :25
25:00-30:00 OPTIONS		434	7 x 6 :45 / :20
406	10 Varied DOWNS 18-16-14-12	25:00-30:00 OPTIONS	
407	9 Varied DOWNS & UPS 12-10-8-10-12	435	13 x 1 1:30 / :30
408	6 Varied UPS 20-25-30-35-40	436	10 x 2 1:00 / :20
409	8 DOWNS & UPS 24-20-16-20-24	437	9 x 4 :30 / :15
410	5 Varied DOWNS x 2 rounds 10-9-8-7-6-5-4-3-2-1	438	9 x 3 :30 / :30
10:00-15:00 OPTIONS		439	10 x 2 :50 / :25
411	5 Varied UPS 7-14-21-28	440	14 x 1 1:30 / :30
412	3 DOWNS 10-9-8-7-6-5-4-3	441	5 x 4 1:00 / :20
413	3 DOWNS 100-80-60	442	7 x 4 :40 / :20
414	6 DOWNS x 2 rounds 12-8-4	443	10 x 3 :35 / :15
ROUNDS (# exercises x # rounds)		10:00-15:00 OPTIONS	
45:00 OPTIONS		444	16 x 1 :45 / :00
415	9 x 8	445	6 x 2 :35 / :15
416	8 x 7	446	7 x 3 :20 / :10
417	8 x 8	447	6 x 2 :40 / :15
25:00-30:00 OPTIONS		TIMED CHALLENGE (# exercises x # rounds)	
418	8 x 5	45:00 OPTIONS	
419	7 x 7	448	3 x 1
420	7 x 7	449	23 x 1
421	7 x 5	450	6 x 8
422	10 x 5	451	8 x 2
423	6 x 5	25:00-30:00 OPTIONS	
424	7 x 4	452	5 x 1
425	9 x 4	453	7 x 1
426	4 x 4	454	5 x 1 Max reps in 4:00
10:00-15:00 OPTIONS		455	7 x 1 Max reps in 3:00
427	9 x 2	456	12 x 1
428	3 x AMP	457	6 x 1
429	5 x 5-6	458	7 x 1
430	4 x 3	10:00-15:00 OPTIONS	
		459	5 x 4
		460	3 x 1
		461	3 x 2 Max time iso-hold
		462	5 x 1

# BODY WT. + CHIN & DIP BARS

COUNT DOWNS and/or UPS (# exercises & count type + reps)		10:00-15:00 OPTIONS	
		487	10 x 1 1:00 / :00
45:00 OPTIONS		488	6 x 2 :45 / :25
463	8 DOWNS x 2 rounds 12-11-10-9-8-7-6-5-4-3-2-1	489	10 x 2 :25 / :10
464	5 Varied DOWNS & UPS x 3 rounds 20-16->4->20	TIMED CHALLENGE (# exercises x # rounds)	
465	9 Varied UPS 6-8-10-12-14-16-18-20	45:00 OPTIONS	
25:00-30:00 OPTIONS		490	18 x 1
466	5 DOWNS x 2 rounds 10-9-8-7-6-5-4-3-2-1	491	5 x 1
467	5 Varied DOWNS x 2 rounds 10-9-8-7-6-5-4-3	492	8 x 1 Max reps in 5:00
468	4 Varied DOWNS x 3 rounds 24-20-16-12-8-4	25:00-30:00 OPTIONS	
10:00-15:00 OPTIONS		493	5 x 1 Max reps in 5:00
469	5 Varied DOWNS 8-6-4-2	494	20 x 1
470	4 DOWNS & UPS 12-8-4-8-12	495	10 x 1
471	5 UPS 5-10-15-20	10:00-15:00 OPTIONS	
ROUNDS (# exercises x # rounds)		496	7 x 4
45:00 OPTIONS		497	6 x 1
472	10 x 8	498	8 x 1
473	10 x 6		
474	5 x 8		
25:00-30:00 OPTIONS			
475	6 x 6		
476	11 x 7		
477	5 x 10		
10:00-15:00 OPTIONS			
478	3 x 9-10		
479	5 x 6-7		
480	7 x 5-6		
STATIONS (# stations x # rounds work time / rest time)			
45:00 OPTIONS			
481	13 x 1 2:30 / 1:00		
482	10 x 2 1:30 / :45		
483	7 x 4 1:00 / :35		
25:00-30:00 OPTIONS			
484	8 x 2 1:30 / :30		
485	11 x 2 1:00 / :20		
486	10 x 4 :30 / :15		

# BODY WT. + DUMBBELLS

COUNT DOWNS and/or UPS (# exercises & count type + reps)		STATIONS (# stations x # rounds work time / rest time)	
45:00 OPTIONS		45:00 OPTIONS	
499	6 Varied DOWNS 60-50-40-30-20-10	529	7 x 3 1:30 / :40
500	7 UPS 10-20-30-40-50	530	8 x 4 1:00 / :25
501	6 Varied DOWNS 10-9-8-7-6-5-4-3-2-1	531	6 x 7 :45 / :20
502	8 UPS & DOWNS 10-15-20-25-30-25-20-25-10	532	16 x 1 2:00 / :45
25:00-30:00 OPTIONS		533	7 x 4 1:05 / :30
503	6 Varied DOWNS 10-9-8-7-6-5-4-3-2-1	25:00-30:00 OPTIONS	
504	6 UPS 6-9-12-15-18-21	534	7 x 2 1:30 / :30
505	6 DOWNS 20-18-16-14-12	535	5 x 5 :45 / :25
506	3 DOWNS 50-45-40-35-30	536	12 x 3 :30 / :15
507	5 Varied DOWNS & UPS 18-16-14-12-14-16-18	537	12 x 1 1:30 / :45
10:00-15:00 OPTIONS		538	11 x 2 :45 / :25
508	5 Varied UPS 6-9-12-15	539	10 x 4 :30 / :15
509	6 Varied DOWNS 8-6-4	540	9 x 2 1:00 / :30
510	3 UPS & DOWNS 8-16-24-16-8	541	8 x 3 :45 / :25
511	6 Varied UPS 4-8-12-16	542	4 x 7 :30 / :30
ROUNDS (# exercises x # rounds)		10:00-15:00 OPTIONS	
45:00 OPTIONS		543	3 x 4 1:00 / :00
512	12 x 8	544	20 x 1 :30 / :00
513	11 x 7	545	11 x 2 :20 / :20
514	9 x 9	546	11 x 2 :20 / :10
515	12 x 5	TIMED CHALLENGE (# exercises x # rounds)	
25:00-30:00 OPTIONS		45:00 OPTIONS	
516	8 x 4 each segment	547	12 x 1
517	9 x 4	548	7 x 2
518	7 x 5	549	11 x 1 Max reps in 3:00
519	9 x 3	550	12 x 4
520	7 x 4	25:00-30:00 OPTIONS	
521	10 x 3	551	9 x 2
522	9 x 3	552	5 x 1
523	5 x 6	553	11 x 1
524	6 x 6	554	12 x 1
10:00-15:00 OPTIONS		10:00-15:00 OPTIONS	
525	3 x 3-4	555	1 x 5 Max reps in 1:30
526	4 x 5-6	556	8 x 1
527	5 x 2	557	6 x 1
528	6 x 3-4	558	3 x AMP

# BODY WT. + ELECTRONIC DEVICE

COUNT DOWNS and/or UPS (# exercises & count type + reps)		STATIONS (# stations x # rounds work time / rest time)	
<b>45:00 OPTIONS</b>		<b>45:00 OPTIONS</b>	
559	7 Varied DOWNS 10-9-8-7-6-5	585	7 x 3 1:30 / :40
560	25 DOWNS	586	15 x 3 :40 / :20
561	9 Varied DOWNS 12-11-10-9-8-7	587	6 x 6 :50 / :25
<b>25:00-30:00 OPTIONS</b>		588	5 x 3 2:15 / :45
562	8 Varied DOWNS 10-8-6-4	589	7 x 6 :45 / :20
563	5 UPS 6-8-10-12-14	590	10 x 3 1:00 / :30
564	6 Varied DOWNS & UPS 14-10-6-10-14	<b>25:00-30:00 OPTIONS</b>	
565	7 UPS 6-8-10-12	591	8 x 2 1:30 / :30
566	6 Varied DOWNS 20-16-12-8	592	5 x 3 1:05 / :30
<b>10:00-15:00 OPTIONS</b>		593	10 x 3 :30 / :30
567	6 Varied DOWNS 20-16-12-8	594	11 x 1 1:30 / :45
568	8 Varied UPS 5-7-9	595	5 x 5 :45 / :25
569	4 DOWNS 6-5-4-3	596	9 x 4 :30 / :15
<b>ROUNDS (# exercises x # rounds)</b>		<b>10:00-15:00 OPTIONS</b>	
<b>45:00 OPTIONS</b>		597	10 x 2 :30 / :00
570	17 x 3	598	14 x 1 :40 / :20
571	24 x 2	599	6 x 2 :35 / :15
572	19 x 2	<b>TIMED CHALLENGE (# exercises x # rounds)</b>	
573	10 x 6	<b>45:00 OPTIONS</b>	
574	9 x 4	600	10 x 1 + 15:00 continuous or intervals
575	10 x 6	601	12 x 2
<b>25:00-30:00 OPTIONS</b>		602	13 x 2
576	6 x 4	<b>25:00-30:00 OPTIONS</b>	
577	8 x 4	603	5 x 1
578	6 x 5	604	9 x 1
579	10 x 4	605	8 x 1 Max distance in 5:00 & max reps in 3:00
580	5 x 5	606	8 x 1
581	6 x 7	<b>10:00-15:00 OPTIONS</b>	
<b>10:00-15:00 OPTIONS</b>		607	3 x 1 Max distance in 8:00 & max reps in 5:00
582	8 x 1	608	15 x 1
583	5 x 4-5	609	4 x 2-3
584	3 x 5-6		

# DUMBBELLS + CHIN & DIP BARS

COUNT DOWNS and/or UPS (# exercises & count type + reps)		10:00-15:00 OPTIONS	
		634	13 x 1 :45 / :00
45:00 OPTIONS		635	11 x 2 :20 / :20
610	8 DOWNS 50-45-40-35-30	636	4 x 3 :35 / :15
611	11 Varied DOWNS & UPS 20-16-12-8-4-8-12-16-20	<b>TIMED CHALLENGE (# exercises x # rounds)</b>	
612	6 Varied UPS 6-9-12-15-18-21	45:00 OPTIONS	
25:00-30:00 OPTIONS		637	15 x 1
613	7 Varied DOWNS 10-9-8-7-6-5-4-3-2-1	638	5 x 12
614	6 Varied UPS & DOWNS 5-10-15-20-15-10-5	639	7 x 14
615	7 Varied UPS 3-4-5-6-7-8-9-10	25:00-30:00 OPTIONS	
10:00-15:00 OPTIONS		640	10 x 4
616	3 Varied DOWNS	641	5 x 1
617	5 Varied DOWNS 10-8-6-4	642	6 x 1 Max reps in 4:00
618	5 UPS 4-6-8-10	10:00-15:00 OPTIONS	
ROUNDS (# exercises x # rounds)		643	4 x 1 Max reps in 2:00
45:00 OPTIONS		644	3 x 1
619	9 x 7	645	6 x 1
620	7 x 5		
621	24 x 2		
25:00-30:00 OPTIONS			
622	7 x 9		
623	11 x 3		
624	5 x 8		
10:00-15:00 OPTIONS			
625	4 x 4-5		
626	6 x 3-4		
627	6 x 2-3		
STATIONS (# stations x # rounds work time / rest time)			
45:00 OPTIONS			
628	6 x 2 2:40 / 1:00		
629	20 x 1 1:30 / :45		
630	7 x 4 1:00 / :35		
25:00-30:00 OPTIONS			
631	11 x 1 1:30 / :45		
632	5 x 4 1:00 / :20		
633	10 x 3 :40 / :20		

# DUMBBELLS + ELECTRONIC DEVICE

COUNT DOWNS and/or UPS (# exercises & count type + reps)		STATIONS (# stations x # rounds work time / rest time)	
45:00 OPTIONS		45:00 OPTIONS	
646	11 Varied UPS & DOWNS 20-30-40-30-20	672	8 x 2 2:00 / :45
647	9 Varied UPS 6-10-14-18-22-26	673	11 x 2 1:30 / :30
648	8 DOWNS 10-9-8-7-6-5-4-3	674	9 x 4 :50 / :25
25:00-30:00 OPTIONS		25:00-30:00 OPTIONS	
649	4 Varied DOWNS 24-20-16-12-8-4	675	13 x 1 2:30 / :100
650	11 Varied UPS 6-8-10	676	7 x 3 1:30 / :40
651	7 Varied UPS & DOWNS 10-15-20-15-10	677	7 x 5 :55 / :25
652	3 Varied UPS & DOWNS	678	11 x 1 1:30 / :45
653	10 DOWNS 12-9-6-3	679	10 x 2 1:00 / :20
10:00-15:00 OPTIONS		10:00-15:00 OPTIONS	
654	7 DOWNS 10-8-6	680	6 x 4 :45 / :20
655	6 DOWNS 6-5-4-3	681	5 x 4 1:00 / :30
656	7 Varied UPS 8-10-12	682	8 x 3 :45 / :25
683		683	8 x 5 :30 / :15
ROUNDS (# exercises x # rounds)		10:00-15:00 OPTIONS	
45:00 OPTIONS		45:00 OPTIONS	
657	11 x 4	684	10 x 1 1:00 / :00
658	11 x 4	685	6 x 2 :45 / :25
659	10 x 5	686	5 x 4 :20 / :20
660	11 x 3	TIMED CHALLENGE (# exercises x # rounds)	
661	10 x 2	45:00 OPTIONS	
662	10 x 2	687	9 x 1 Max reps or distance in 4:00
25:00-30:00 OPTIONS		688	9 x 2
663	8 x 2	689	15 x 1
664	7 x 2	690	9 x 1 + Max distance
665	5 x 2	25:00-30:00 OPTIONS	
666	8 x 7	691	19 x 1
667	9 x 3	692	12 x 1
668	7 x 4	693	6 x 1 Max reps or distance in 4:00
10:00-15:00 OPTIONS		694	9 x 2
10:00-15:00 OPTIONS		10:00-15:00 OPTIONS	
669	4 x 2-3	695	5 x 1
670	4 x 2-3	696	7 x 1
671	4 x 2-3	697	4 x 1