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11 Boot Camp Workouts

Jan 11, 2013 · Conditioning Round #1: 10 minutes (30 seconds on each exercise) 1 Cross Body Climbers 2 Switch Lunges 3 TRX Pushups 4 Mountain Climbers Rest 30 seconds and repeat this circuit three more times (total of four times), resting 30 seconds after you complete each circuit

Conditioning Round #2: 4 minutes (30 seconds on each exercise) 1 Jumping

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11 Mountain Climbers - keep knee over your ankle 12 Front Plank SPEED AND AGILITY DRILLS 300 Yard Shuttle The 300-yard shuttle is a very tough agility movement The athlete will be going a twenty-five yard distance The objective is to move between the lines as quickly as possible until 12 complete trips are completed, which equals 300 yards

The Berenstain Bears Bedtime Battle

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