



6 Week Mini Bootcamp

Making Health and
Fitness Attainable for
everyone.

***BUILDING A
STRONGER ME
ONE DAY AT A TIME***

Making Health and Fitness Attainable for everyone.



6 Week Mini Bootcamp

Making Health and Fitness
Attainable for everyone.

Week 1

@attainable_health_and_fitness

THIS WEEK'S PLAN

| | | |
|-----------|--|--|
| Monday | <input type="checkbox"/> Full Body <input type="checkbox"/> <input type="checkbox"/> | |
| Tuesday | <input type="checkbox"/> Recovery Walk x 30+ min <input type="checkbox"/> <input type="checkbox"/> | |
| Wednesday | <input type="checkbox"/> Leg Workout <input type="checkbox"/> <input type="checkbox"/> | |
| Thursday | <input type="checkbox"/> Active Recovery - Walk and Yoga <input type="checkbox"/> <input type="checkbox"/> | |
| Friday | <input type="checkbox"/> Arm Workout <input type="checkbox"/> <input type="checkbox"/> | |
| Saturday | <input type="checkbox"/> Core Workout <input type="checkbox"/> <input type="checkbox"/> | |
| Sunday | <input type="checkbox"/> No Gym, No Time Kitchen Workout <input type="checkbox"/> <input type="checkbox"/> | |

Workout Journal

Workout Focus

Full Body: Week 1. 1 Moderate, 1 Medium Weight

Date

June 5, 2023

Warm Up

5 minute walk at 2% incline

Cool Down

5 minutes static stretching

Flexibility

Standing Hamstring, Kneeling hip flexors, Prayer stretch

Tightness/Aches/Concerns

Bilateral upper trap tightness - hot pack after workout

Circuit Training

| Exercise | Weight | Reps | Rounds |
|---------------------------|--------|----------------|--------|
| Offset Suitcase Squats | | 8/position(16) | |
| Squat Hold with Kickback | | 10/leg (20) | |
| Offset Deadlifts | | 8/position(16) | |
| Shoulder Press with Carry | | 10/arm | |
| Chest Press in Bridge | | 15 reps | |
| Skull Crusher in Bridge | | 10 reps | |
| | | | |

Difficulty Level

Easy to Light 1-3/10

Moderate 4-5/10

Moderately Hard 6-7/10

Very Hard 8-9/10

Maxed Out 10/10

Important To Dos

Hydrate and Eat Post-Workout

Thank your body for showing up

Plan Recovery Workout/Walk

Workout Journal

Workout Focus **Leg Workout: Week 1. 1 Heavy Weight**

Date **June 6, 2023**

Warm Up **10 minute walk at 5% incline**

Cool Down **5 minutes static stretching**

Flexibility **Seated: Hamstring, piriformis (fire log); Standing quad**

Tightness/Aches/Concerns **Tight right hamstring compared to left.**

Circuit Training

| Exercise | Weight | Reps | Rounds |
|------------------------------|-------------|------------------|--------|
| Dumbbell Swings | | 20 reps | |
| Pulsed Sumo Squats | | 20 reps | |
| Curtsey Squats (Alternating) | | 10 reps/leg (20) | |
| Side Bridge Thrusts* | | 10 reps/leg (20) | |
| Side Bridge Hold* | | 30 seconds | |
| Tempo Bridges 0/3/5 | | 10-15 reps | |
| Dynamic Single Leg Bridge | Body Weight | 30 -45 s/leg | |

*Perform back to back, then switch sides

Difficulty Level

Easy to Light 1-3/10

Moderate 4-5/10

Moderately Hard 6-7/10

Very Hard 8-9/10

Maxed Out 10/10

Important To Dos

Hydrate and Eat Post-Workout

Thank your body for showing up

Plan Recovery Workout/Walk

Workout Journal

Workout Focus

Recovery Day: Walk and Yoga

Date

June 7, 2023

Warm Up

Dynamic Stretches

Notes

Improved hamstring flexibility

Cardio Workout

| Cardio Set | On:Off | Speed | Rounds |
|-----------------------|----------------|-----------------|----------|
| Incline Walk - 4 & 8% | 2 min:1 Min | 4 mph : 3.5 mph | 5 rounds |
| Incline Walk - 10% | 5 min straight | 3 -4 mph | NA |

Yoga Flow

Sun Salutations x 5 Rounds

Sun Salutations -> Plank -> Down Dog -> Down Dog Split -> Return to Start x 3 rounds/side

Sun Salutation -> Plank -> Cobra -> Down Down -> Return to Start x 3 Rounds

Down Dog -> Lizard Pose -> Warrior I/II/III-> Triangle Pose -> Plank -> Down Dog ->
x 4 rounds/side

Chair Pose -> Lizard Pose -> Pigeon Pose -> Plank -> Down Dog -> Return to Start
x 3 rounds/side

Prayer Stretch -> Recovery pose

Difficulty Level

Easy to Light 1-3/10

Moderate 4-5/10

Moderately Hard 6-7/10

Very Hard 8-9/10

Maxed Out 10/10

Important To Dos

Hydrate and Eat Post-Workout

Thank your body for showing up

Workout Journal

Workout Focus **Arm Workout: Week 1. 1 Set Light Weights**

Date **June 8, 2023**

Warm Up **5 minute walk at 5% incline**

Cool Down **5 minutes static stretching**

Flexibility **Prayer stretch, doorway pec stretch, biceps stretch**

Tightness/Aches/Concerns

Circuit Training

| Exercise | Weight | Reps | Rounds |
|-----------------------------|-------------|--------------|--------|
| Reverse Fly | | 10 reps | |
| Triceps Kick Back | | 10 reps | |
| Shoulder Press* Series | | 10*, 10*, 8* | |
| Biceps Curl* Series | | 10*, 10*, 8* | |
| Eccentric Push Up with Hold | Body Weight | 5-10 | |
| | | | |
| | | | |

Bottom Half of Move, Top Half of Move, Full Range of Move: 10 reps, 10 reps, 5-8 reps

Difficulty Level

Easy to Light 1-3/10

Moderate 4-5/10

Moderately Hard 6-7/10

Very Hard 8-9/10

Maxed Out 10/10

Important To Dos

Hydrate and Eat Post-Workout

Thank your body for showing up

Plan Recovery Workout/Walk

Workout Journal

Workout Focus

Core Workout: Week 1, Set Medium Weight, 1 band, 1 KB

Date

June 9, 2023

Warm Up

20 air squats, 10 inch worms, 10 good mornings

Cool Down

5 minutes static stretching

Flexibility

Prayer stretch, lat and pec stretch in door, quad stretch

Tightness/Aches/Concerns

Tight quad on right - stretch extra later today

Circuit Training

| Exercise | Weight | Reps | Rounds |
|------------------------------|--------|--------------|--------|
| Alternating Shoulder Press | | 10 reps/arm | |
| Front racked Side Lunge | | 10 reps/side | |
| Alternating Rows | | 10 reps/arm | |
| Side Steps in Mini Squat | | 8 reps/side | |
| Around the World Stop | | 10 reps/side | |
| Around the World Biceps Curl | | 10 reps/side | |
| Halo Chops Rotation | | 10 reps/side | |

The further your arms are away, the more difficult.

Difficulty Level

Easy to Light 1-3/10

Moderate 4-5/10

Moderately Hard 6-7/10

Very Hard 8-9/10

Maxed Out 10/10

Important To Dos

Hydrate and Eat Post-Workout

Thank your body for showing up

Plan Recovery Workout/Walk



6 Week Mini Bootcamp

Making Health and Fitness
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Week 2

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THIS WEEK'S PLAN

| | | |
|-----------|--|--|
| Monday | <input type="checkbox"/> Full Body <input type="checkbox"/> <input type="checkbox"/> | |
| Tuesday | <input type="checkbox"/> Leg Workout <input type="checkbox"/> <input type="checkbox"/> | |
| Wednesday | <input type="checkbox"/> Active Recovery - Walk and Yoga <input type="checkbox"/> <input type="checkbox"/> | |
| Thursday | <input type="checkbox"/> Arm Workout <input type="checkbox"/> <input type="checkbox"/> | |
| Friday | <input type="checkbox"/> Full Body #2 <input type="checkbox"/> <input type="checkbox"/> | |
| Saturday | <input type="checkbox"/> Recovery Walk x 30+ min <input type="checkbox"/> <input type="checkbox"/> | |
| Sunday | <input type="checkbox"/> Stability Workout: Hip and Core <input type="checkbox"/> <input type="checkbox"/> | |

Workout Journal

Workout Focus

Full Body. Week 2. - Set of Medium Weight

Date

Warm Up

Full body warm up

Cool Down

5 minutes static stretching

Flexibility

Standing Hamstring, Kneeling hip flexors, Prayer stretch

Tightness/Aches/Concerns

Hamstring and adductor soreness from leg day still

Circuit Training

| Exercise | Weight | Reps | Rounds |
|-------------------------|--------|-------------|--------|
| Single Arm DB Snatch | | 10 reps/arm | |
| Deadlift with Pulse | | 10 reps | |
| Sit up to Press | | 10 reps | |
| In-Out V Ups | | 10 reps | |
| Kneeling Shoulder Press | | 10 reps/arm | |
| | | | |
| | | | |

Difficulty Level

Easy to Light 1-3/10

Moderate 4-5/10

Moderately Hard 6-7/10

Very Hard 8-9/10

Maxed Out 10/10

Important To Dos

Hydrate and Eat Post-Workout

Thank your body for showing up

Plan Recovery Workout/Walk

Workout Journal

Workout Focus

Leg Workout, Week 2. 1 Heavy Weight

Date

Warm Up

10 minute walk at 5% incline

Cool Down

5 minutes static stretching

Flexibility

Seated: Hamstring, piriformis (fire log); Standing quad

Tightness/Aches/Concerns

Tight right hamstring compared to left.

Circuit Training

| Exercise | Weight | Reps | Rounds |
|-------------------------|-------------|-------------|--------|
| Box Squats | | 15 reps | |
| Wide Set Lateral Squat | | 10 reps/leg | |
| Pulsed Sumo Squats | Body Weight | 15 reps | |
| Step Ups | Body Weight | 12 reps/leg | |
| Bridge with Weight | | 15 reps | |
| Bridge March with Press | | 10 reps/leg | |
| | | | |

Difficulty Level

Easy to Light 1-3/10

Moderate 4-5/10

Moderately Hard 6-7/10

Very Hard 8-9/10

Maxed Out 10/10

Important To Dos

Hydrate and Eat Post-Workout

Thank your body for showing up

Plan Recovery Workout/Walk

Workout Journal

Workout Focus

Week 2: Recovery Day: Walk and Yoga

Date

Warm Up

Dynamic Stretches

Notes

Improved hamstring flexibility

Cardio Workout

| Cardio Set | On:Off | Speed | Rounds |
|-----------------------|------------------|-----------------|-------------------|
| Incline Walk - 3 & 6% | 2 min:2 Min | 4 mph : 3.5 mph | 4 rounds |
| Pick Ups - 3% Incline | Increase 30" x 4 | 3 mph+ | 3, 1 min recovery |

Yoga Flow

Sun Salutations x 5 Rounds

Sun Salutations -> Plank -> Down Dog -> Lizard -> Triangle -> Return to Start x 3 rounds/side

Sun Salutation -> Plank -> Cobra -> Down Dog -> Return to Start x 3 Rounds

Down Dog -> Down Dog Split -> Warrior I/II/III-> Half Moon (Use a Block) -> Plank -> Down Dog -> x 4 rounds/side

Chair Pose -> High Lunge -> Pigeon Pose -> Cat/Cow -> Down Dog -> Return to Start x 3 rounds/side

Prayer Stretch -> Recovery pose

Difficulty Level

Easy to Light 1-3/10

Moderate 4-5/10

Moderately Hard 6-7/10

Very Hard 8-9/10

Maxed Out 10/10

Important To Dos

Hydrate and Eat Post-Workout

Thank your body for showing up

Workout Journal

Workout Focus

Arm Workout. Week 2. 1 Set Medium Weights

Date

Warm Up

Resistance Band Arm/Shoulder Warm Up

Cool Down

5 minutes static stretching

Flexibility

Prayer stretch, doorway pec stretch, biceps stretch

Tightness/Aches/Concerns

Circuit Training

| Exercise | Weight | Reps | Rounds |
|---------------------|----------|-----------|--------|
| French Doors | | 10 reps | |
| Shoulder Press | | 10 reps | |
| Biceps Curls | | 10 reps | |
| Forward Raise | 1 Weight | 10 reps | |
| Forward Press | 1 Weight | 5-10 reps | |
| Chest Fly | | 10 reps | |
| Neutral Chest Press | | 10 reps | |

Difficulty Level

Easy to Light 1-3/10

Moderate 4-5/10

Moderately Hard 6-7/10

Very Hard 8-9/10

Maxed Out 10/10

Important To Dos

Hydrate and Eat Post-Workout

Thank your body for showing up

Plan Recovery Workout/Walk

Workout Journal

Workout Focus Full Body: Week 2. 1 Moderate Weight

Date

Warm Up 5 - 10 minute min cycle

Cool Down 5 minutes static stretching

Flexibility Prayer stretch, lat and pec stretch in door, quad stretch

Tightness/Aches/Concerns

Circuit Training

| Exercise | Weight | Reps | Rounds |
|------------------------------|--------|---------------|--------|
| Touch Down Split Squat Press | | 10 reps/side | |
| Windmill | | 10 reps/side | |
| Fwd/Rev Lunge with OH Hold | | 5 rep/dir/leg | |
| Single Leg Deadlift | | 10 reps/leg | |
| Halo Chops Kneeling | | 10 reps/side | |
| Quadruped Hip Extension | | 10 reps/side | |
| | | | |

Difficulty Level

Easy to Light 1-3/10

Moderate 4-5/10

Moderately Hard 6-7/10

Very Hard 8-9/10

Maxed Out 10/10

Important To Dos

Hydrate and Eat Post-Workout

Thank your body for showing up

Plan Recovery Workout/Walk

Workout Journal

Workout Focus **Core and Hip Stability: Week 2. 1 Medium, 1 Moderate DB**

Date

Warm Up **5 - 10 minute min 5% incline walk**

Cool Down **5 minutes static stretching**

Flexibility **Prayer stretch, lat and pec stretch in door, quad stretch**

Tightness/Aches/Concerns

Circuit Training

| Exercise | Weight | Reps | Rounds |
|------------------------------|----------------------|----------------------|----------------------|
| Rev. Lunge -> March; OH Hold | <input type="text"/> | 10 reps/side | <input type="text"/> |
| Reverse Plank In-Out | <input type="text"/> | 10 reps/side | <input type="text"/> |
| Goblet Squat | <input type="text"/> | 15 reps | <input type="text"/> |
| Split Squat Chops | <input type="text"/> | 10 reps/leg | <input type="text"/> |
| Side Bridge + Hip Abduction* | <input type="text"/> | 10 reps/side | <input type="text"/> |
| Side Bridge + Obliq. Crunch* | <input type="text"/> | 10 reps/side | <input type="text"/> |
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |

*Perform back to back, then switch sides

| Difficulty Level |
|------------------------|
| Easy to Light 1-3/10 |
| Moderate 4-5/10 |
| Moderately Hard 6-7/10 |
| Very Hard 8-9/10 |
| Maxed Out 10/10 |

| Important To Dos |
|--------------------------------|
| Hydrate and Eat Post-Workout |
| Thank your body for showing up |
| Plan Recovery Workout/Walk |
| <input type="text"/> |
| <input type="text"/> |



6 Week Mini Bootcamp

Making Health and Fitness
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Week 3

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THIS WEEK'S PLAN

| | | |
|-----------|--|--|
| Monday | <input type="checkbox"/> <u>Full Body: Week 3, Workout 1</u> <input type="checkbox"/> _____ <input type="checkbox"/> _____ | |
| Tuesday | <input type="checkbox"/> <u>Leg Workout: Week 3, Workout 2</u> <input type="checkbox"/> _____ <input type="checkbox"/> _____ | |
| Wednesday | <input type="checkbox"/> <u>Active Recovery - Walk</u> <input type="checkbox"/> _____ <input type="checkbox"/> _____ | |
| Thursday | <input type="checkbox"/> <u>Arm Workout: Week 2, Workout 3</u> <input type="checkbox"/> _____ <input type="checkbox"/> _____ | |
| Friday | <input type="checkbox"/> <u>No Gym/No Time - Kitchen Workout (Sub in Full Body)</u> <input type="checkbox"/> _____ | |
| Saturday | <input type="checkbox"/> <u>Leg Workout: Week 3, Workout 5</u> <input type="checkbox"/> _____ <input type="checkbox"/> _____ | |
| Sunday | <input type="checkbox"/> <u>Active Recovery - Walk</u> <input type="checkbox"/> _____ <input type="checkbox"/> _____ | |

Workout Journal

Workout Focus **Full Body: Week 3 Workout 1 - Set of Moderate Weight**

Date

Warm Up **Full body warm up**

Cool Down **5 minutes static stretching**

Flexibility

Tightness/Aches/Concerns

Circuit Training

| Exercise | Weight | Reps | Rounds |
|---------------------------|-----------|-------------------|--------|
| Halo Chop with Mini Squat | 1 Weight | 10 reps/direction | |
| Overhead Hold March | 2 Weights | 15 reps/leg | |
| Reverse Lung to March OH | 1 Weight | 10 reps/leg | |
| Side Bridge Press | 1 Weight | 10 reps/side | |
| Side Bridge Obliq Crunch | | 10 reps/side | |
| Kneeling Windmills | 1 Weight | 10 reps/side | |
| | | | |

Notes

| Difficulty Level |
|------------------------|
| Easy to Light 1-3/10 |
| Moderate 4-5/10 |
| Moderately Hard 6-7/10 |
| Very Hard 8-9/10 |
| Maxed Out 10/10 |

| Important To Dos |
|--------------------------------|
| Hydrate and Eat Post-Workout |
| Thank your body for showing up |
| Plan Recovery Workout/Walk |
| |
| |

Workout Journal

Workout Focus

Leg Workout EMOM: Week 2, Workout 2. 1 Set Moderate

Date

Warm Up

10 minute walk at 5% incline

Cool Down

5 minutes static stretching

Flexibility

Tightness/Aches/Concerns

Circuit Training

| Exercise | Weight | Reps | Rounds |
|---------------------|-----------------|------------|--------|
| Goblet Squat | Heavy Weight | 10 reps | |
| Reverse Lunge | Body Weight | 8 reps/leg | |
| Kneel To Squat Jump | | 8 reps | |
| Right Side Lunge | 8 weight, 4 w/o | 12 reps | |
| Left Side Lunge | 8 weight, 4 w/o | 12 reps | |
| Bridge Series# | DL Weighted | | |

*Perform kneel to squat leading with Right leg 4 times, then left leg 4 times.

10 reps double leg glute bridge weighted, 10 reps single leg unweighted/leg

Difficulty Level

Easy to Light 1-3/10

Moderate 4-5/10

Moderately Hard 6-7/10

Very Hard 8-9/10

Maxed Out 10/10

Important To Dos

Hydrate and Eat Post-Workout

Thank your body for showing up

Plan Recovery Workout/Walk

Workout Journal

Workout Focus

Recovery Day: Walk

Date

Warm Up

Dynamic Stretches

Notes

Cardio Workout

| Cardio Set | On:Off | Speed | Rounds |
|--------------------|------------------|----------|--------|
| Incline Walk - 5% | 10 min:5 min off | 3.5 MPH+ | |
| Incline Walk - 10% | 10-20 min on | 3 mph+ | |

Optional Core

4 Rounds
Bridges x 10 reps
Clamshells x 10 reps/side
Tuck Ups x 10 reps

4 Rounds
Single Leg Bridge x 10 reps/leg
Reverse Crunches x 10 reps
Kneeling Windmill x 10 reps/leg (Medium Weight 10-15#)

Static Stretching

Difficulty Level

Easy to Light 1-3/10

Moderate 4-5/10

Moderately Hard 6-7/10

Very Hard 8-9/10

Maxed Out 10/10

Important To Dos

Hydrate and Eat Post-Workout

Thank your body for showing up

Workout Journal

Workout Focus

Arm Workout: Week 3, Workout 4. 1 Set Medium Weights

Date

Warm Up

Resistance Band Arm/Shoulder Warm Up

Cool Down

5 minutes static stretching

Flexibility

Tightness/Aches/Concerns

Circuit Training

| Exercise | Weight | Reps | Rounds |
|---------------------------|----------|-------------|--------|
| Reciprocal Shoulder Press | | 10 reps/arm | |
| Front Raise | 1 Weight | 15 reps | |
| Bent Over Rows with Pause | | 10 reps | |
| Skull Crushers | | 10 reps | |
| Push Up | | 10 reps | |
| Pike Push Up | | 5-10 reps | |
| | | | |

Difficulty Level

Easy to Light 1-3/10

Moderate 4-5/10

Moderately Hard 6-7/10

Very Hard 8-9/10

Maxed Out 10/10

Important To Dos

Hydrate and Eat Post-Workout

Thank your body for showing up

Plan Recovery Workout/Walk

Workout Journal

Workout Focus

No Gym, No Time: Week 3, Workout 4, Ankle Weights Optional

Date

Warm Up

Cool Down

5 minutes static stretching

Flexibility

Tightness/Aches/Concerns

Circuit Training

| Exercise | Weight | Reps | Rounds |
|---------------------------|--------|-------------|--------|
| Supported Squats | | 15 reps | |
| Squats with Step Out | | 10 reps/leg | |
| Plank with 1 Sided Crunch | | 10 reps/leg | |
| Hip Extension Pulse | | 10 reps/leg | |
| Side Steps | | 8 laps | |
| Push Ups - 1 Leg Elevated | | 10 reps/leg | |
| Curtsy Squat to March | | 10 reps/leg | |

Difficulty Level

Easy to Light 1-3/10

Moderate 4-5/10

Moderately Hard 6-7/10

Very Hard 8-9/10

Maxed Out 10/10

Important To Dos

Hydrate and Eat Post-Workout

Thank your body for showing up

Plan Recovery Workout/Walk

Workout Journal

Workout Focus

Leg Work Out: Week 3, Workout 5, 1 Set Moderate Weight

Date

Warm Up

5 - 10 minute min 5% incline walk

Cool Down

5 minutes static stretching

Flexibility

Tightness/Aches/Concerns

Circuit Training

| Exercise | Weight | Reps | Rounds |
|-----------------------|----------|-------------|--------|
| Suitcase Squat | | 12 reps | |
| Single Leg Mini Squat | 1 Weight | 10 reps/leg | |
| Wide Split Squat | | 10 reps/leg | |
| Runner Side Bridge | | 10 reps/leg | |
| Plank To Squat | | 10 reps | |
| | | | |
| | | | |

*Option to add Single Arm Row with Resistance Band

Difficulty Level

Easy to Light 1-3/10

Moderate 4-5/10

Moderately Hard 6-7/10

Very Hard 8-9/10

Maxed Out 10/10

Important To Dos

Hydrate and Eat Post-Workout

Thank your body for showing up

Plan Recovery Workout/Walk



6 Week Mini Bootcamp

Making Health and Fitness
Attainable for everyone.

Week 4

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THIS WEEK'S PLAN

| | | |
|-----------|---|--|
| Monday | <input type="checkbox"/> Full Body: Week 4 <input type="checkbox"/> <input type="checkbox"/> | |
| Tuesday | <input type="checkbox"/> Arms and Core Week 4 <input type="checkbox"/> <input type="checkbox"/> | |
| Wednesday | <input type="checkbox"/> Cardio + Core <input type="checkbox"/> <input type="checkbox"/> | |
| Thursday | <input type="checkbox"/> Active Recovery - Walk <input type="checkbox"/> <input type="checkbox"/> | |
| Friday | <input type="checkbox"/> Leg Workout: Week 4 <input type="checkbox"/> | |
| Saturday | <input type="checkbox"/> Body Weight: Week 4 <input type="checkbox"/> <input type="checkbox"/> | |
| Sunday | <input type="checkbox"/> Active Recovery <input type="checkbox"/> <input type="checkbox"/> | |

Workout Journal

Workout Focus

Full Body: Week 4 Workout 1 Full Body - Set of Moderate Weight

Date

Warm Up

Full body warm up

Cool Down

5 minutes static stretching

Flexibility

Standing Hamstring, Kneeling hip flexors, Prayer stretch

Tightness/Aches/Concerns

Hamstring and adductor soreness from leg day still

Circuit Training

| Exercise | Weight | Reps | Rounds |
|---------------------|--------|-------------|--------|
| Sumo Squat | | 10 reps | |
| Single Arm High Row | | 10 reps/arm | |
| Triceps Press | | 10 reps | |
| Lawn Mower Rows | | 10 reps | |
| Deficit Push Ups | | 10 reps/arm | |
| | | | |
| | | | |

Difficulty Level

Easy to Light 1-3/10

Moderate 4-5/10

Moderately Hard 6-7/10

Very Hard 8-9/10

Maxed Out 10/10

Important To Dos

Hydrate and Eat Post-Workout

Thank your body for showing up

Plan Recovery Workout/Walk

Workout Journal

Workout Focus

Arm and Core: Week 4, Workout 2. 1 Set Medium Weight

Date

Warm Up

10 minute walk at 5% incline

Cool Down

5 minutes static stretching

Flexibility

Tightness/Aches/Concerns

Circuit Training

| Exercise | Weight | Reps | Rounds |
|-----------------------------|----------|--------------|--------|
| Alternating Rows -B Stance | | 10 reps/side | |
| Curl to Press - Reciprocal | | 10 reps/arm | |
| Single Arm Deadlift Passes | | 15 reps/leg | |
| Single Leg V Up with Weight | 1 weight | 12 reps/leg | |
| Bridge with Chest Press | | 20 reps | |
| Bear Plank - Side to Side | | 10 reps/arm | |

Notes

Difficulty Level

Easy to Light 1-3/10

Moderate 4-5/10

Moderately Hard 6-7/10

Very Hard 8-9/10

Maxed Out 10/10

Important To Dos

Hydrate and Eat Post-Workout

Thank your body for showing up

Plan Recovery Workout/Walk

Workout Journal

Workout Focus

Cardio + Core Week 4

Date

Warm Up

Dynamic Stretches

Notes

Cardio Workout

| Cardio Set | On:Off | Speed | Rounds |
|--------------------|-------------------|----------|--------|
| Incline Walk - 5% | 5 min:2.5 min off | 3.5 MPH+ | 2 |
| Incline Walk - 10% | 10-20 min on | 3 mph+ | |

Optional Core

4 Rounds
Single Leg Bridge x 10 reps
Clamshells in Side Bridge x 10 reps/side
Oblique Crunch x 10 reps

4 Rounds
Plank Rocks x 10 reps
Russian Twists x 10 reps/side (Medium Weight 10-15#)
Wall Bridge x 10 reps

Static Stretching

Difficulty Level

Easy to Light 1-3/10

Moderate 4-5/10

Moderately Hard 6-7/10

Very Hard 8-9/10

Maxed Out 10/10

Important To Dos

Hydrate and Eat Post-Workout

Thank your body for showing up

Workout Journal

Workout Focus

Leg Workout: Week 4, Workout 4. Heavy Weight, Medium Weight

Date

Warm Up

Resistance Band Arm/Shoulder Warm Up

Cool Down

5 minutes static stretching

Flexibility

Tightness/Aches/Concerns

Circuit Training

| Exercise | Weight | Reps | Rounds |
|----------------------------|---------------|----------------|--------|
| 1 Dumbbell Squat | Heavy Weight | 10 reps | |
| Touchdown Split Squat Curl | Medium Weight | 15 reps | |
| Deadlift with Row | Heavy Weight | 10 reps | |
| Bridge with Lat Pull Over | Medium Weight | 10 reps | |
| Bridge with Stabilization | Medium Weight | 10 reps/circle | |
| | | | |
| | | | |

Notes

Difficulty Level

Easy to Light 1-3/10

Moderate 4-5/10

Moderately Hard 6-7/10

Very Hard 8-9/10

Maxed Out 10/10

Important To Dos

Hydrate and Eat Post-Workout

Thank your body for showing up

Plan Recovery Workout/Walk

Workout Journal

Workout Focus

Body Weight EMOM: Week 4, Workout 4

Date

Warm Up

Cool Down

5 minutes static stretching

Flexibility

Tightness/Aches/Concerns

Circuit Training

| Exercise | Comments | Reps | Rounds |
|--|---|-------------------------------|--------|
| A - Good Mornings A - Single Leg Deadlift | Set 1 min, rest remainder of time | 10 reps 5 reps/leg | |
| B - Squat Pulses B - In Out Squat Jumps | 4 rounds Squat Pulses + In Out Squat Jumps | 4 reps 10 reps | |
| Push Up Rotations | | 8 reps | |
| Hip Abduction Circles Clamshells | Perform in side bridge, each side is its own minute | 10 reps 10 reps 10 reps | |

Notes

Difficulty Level

Easy to Light 1-3/10

Moderate 4-5/10

Moderately Hard 6-7/10

Very Hard 8-9/10

Maxed Out 10/10

Important To Dos

Hydrate and Eat Post-Workout

Thank your body for showing up

Plan Recovery Workout/Walk



6 Week Mini Bootcamp

Making Health and Fitness
Attainable for everyone.

Week 5

@attainable_health_and_fitness

THIS WEEK'S PLAN

| | | |
|-----------|---|--|
| Monday | <input type="checkbox"/> Leg Workout: Week 5 <input type="checkbox"/> <input type="checkbox"/> | |
| Tuesday | <input type="checkbox"/> Arm Workout: Week 5 <input type="checkbox"/> <input type="checkbox"/> | |
| Wednesday | <input type="checkbox"/> Cardio + Core: Workout 5 <input type="checkbox"/> <input type="checkbox"/> | |
| Thursday | <input type="checkbox"/> Active Recovery - Walk, Jog, <input type="checkbox"/> Cycle <input type="checkbox"/> | |
| Friday | <input type="checkbox"/> Full Body: Cardio + Strength Week 5 <input type="checkbox"/> | |
| Saturday | <input type="checkbox"/> Core Workout: Week 5 <input type="checkbox"/> <input type="checkbox"/> | |
| Sunday | <input type="checkbox"/> Active Recovery - Walk, Jog, <input type="checkbox"/> Cycle <input type="checkbox"/> | |

Workout Journal

Workout Focus **Leg Workout: Week 5, Workout 1. 1 Set Moderate Weight**

Date

Warm Up 10 minute walk at 5% incline

Cool Down 5 minutes static stretching

Flexibility

Tightness/Aches/Concerns

Circuit Training

| Exercise | Weight | Reps | Rounds |
|---------------------------|----------------|----------------|--------|
| Front Rack Squat | | 15 reps | |
| Push Press | | 10 reps | |
| Single Arm DB Swings | | 15 reps/side | |
| Split Squat Pass Throughs | 1 or 2 weights | 12 passes/side | |
| Squat Jumps | | 30 seconds | |
| Side Bridge Leg Raise | | 10 reps/side | |
| Rest 1-2 min | | | |

Notes

- ### Difficulty Level
- Easy to Light 1-3/10
 - Moderate 4-5/10
 - Moderately Hard 6-7/10
 - Very Hard 8-9/10
 - Maxed Out 10/10

- ### Important To Dos
- Hydrate and Eat Post-Workout
 - Thank your body for showing up
 - Plan Recovery Workout/Walk
 -
 -

Workout Journal

Workout Focus

Arm Workout Week 5 1 Set Medium Weight

Date

Warm Up

10 minute walk at 5% incline

Cool Down

5 minutes static stretching

Flexibility

Tightness/Aches/Concerns

Circuit Training

| Exercise | Weight | Reps | Rounds |
|--------------------------|----------------|--------------|--------|
| Atlas Press | | 10 reps/side | |
| Alternating Biceps Curls | | 10 reps/arm | |
| Triceps Press | | 15 reps | |
| Lawn Mower Rows | | 15 reps/arm | |
| Bear Plank - Arm Up/Down | 1 or 2 weights | 12 reps/arm | |
| Elbow Pike Ups | | 15 reps | |

Notes

Difficulty Level

Easy to Light 1-3/10

Moderate 4-5/10

Moderately Hard 6-7/10

Very Hard 8-9/10

Maxed Out 10/10

Important To Dos

Hydrate and Eat Post-Workout

Thank your body for showing up

Plan Recovery Workout/Walk

Workout Journal

| | |
|---------------|----------------------|
| Workout Focus | Cardio + Core Week 5 |
| Date | |
| Warm Up | Dynamic Stretches |
| Notes | |

Cardio Workout

| Cardio Set | On:Off | Speed | Rounds |
|---------------------|----------------|----------|--------|
| Half Mile Intervals | Recover 1-2min | 5-7+ mph | 4 |
| Incline Walk - 10% | 10-20 min on | 3 mph+ | |

Core

4 Rounds
 Wall Sit March x 10 reps/leg
 Wall Sit Chops (1/2 ROM) x 10 reps/side (Core ball or light medicine ball)
 Bridge with Ball Squeeze x 15 reps

4 Rounds
 Bridge Walks on Wall with Ball Squeeze x 10 reps
 Clamshells with Ball at Feet x 10 reps/leg
 Oblique Crunch with Core Ball Push Down x 10 reps/side

Notes

Difficulty Level

- Easy to Light 1-3/10
- Moderate 4-5/10
- Moderately Hard 6-7/10
- Very Hard 8-9/10
- Maxed Out 10/10

Important To Dos

- Hydrate and Eat Post-Workout
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-
-
-

Workout Journal

Workout Focus

Full Body: Cardio + Strength Week 5

Date

Warm Up

5 - 10 minute min cycle

Cool Down

5 minutes static stretching

Flexibility

Directions

Alternate between Rounds of Shadow Boxing and Strength Training

Shadow Boxing Round x Four 3 minute rounds (12 min)

Boxers Bounce x 30 seconds

Jab <-> Cross x 30 seconds

Jab, Jab<->Cross, Cross x 30 seconds

Jab, Cross, Left Hook x 30 seconds

Jab, Cross, Jab, Right Hook x 30 second

Jab <-> Cross x 30 seconds

Circuit Training x 4 rounds - 15-20# weights

| Exercise | Weight | Reps | Rounds |
|-------------------------|--------|-------------|--------|
| Sumo Squat | | 20 reps | |
| Rotating Bent Over Rows | | 15 reps | |
| Side Lunge | | 10 reps/leg | |
| Triceps Press | | 10 reps | |

Difficulty Level

Easy to Light 1-3/10

Moderate 4-5/10

Moderately Hard 6-7/10

Very Hard 8-9/10

Maxed Out 10/10

Important To Dos

Hydrate and Eat Post-Workout

Thank your body for showing up

Plan Recovery Workout/Walk

Workout Journal

Workout Focus

Core Workout Week 5 - 1 Heavy and 1 Medium Dumbbell

Date

Warm Up

Treadmill Jog x 10 minutes

Cool Down

5 minutes static stretching

Flexibility

Tightness/Aches/Concerns

Circuit Training

| Exercise | Weight | Reps | Rounds |
|--------------------------|---------------|--------------|--------|
| Rotating Split Squats | Medium Weight | 10 reps/leg | |
| Goblet Squat | Heavy WEight | 10 reps | |
| Curtsey Squat - R Leg | Medium Weight | 10 reps | |
| Curtsey Squat - L Leg | Medium Weight | 10 reps | |
| Bear Plank Twist | Body Weight | 10 reps/side | |
| Leg Lifts over DB | Sitting - BW | 10 reps/leg | |
| V Tuck with Toe Tap Down | Sitting - BW | 10 reps/leg | |

Notes

Difficulty Level

Easy to Light 1-3/10

Moderate 4-5/10

Moderately Hard 6-7/10

Very Hard 8-9/10

Maxed Out 10/10

Important To Dos

Hydrate and Eat Post-Workout

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Plan Recovery Workout/Walk



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Week 6

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THIS WEEK'S PLAN

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|-----------|--|--|
| Monday | <input type="checkbox"/> Leg Workout: Week 6 <input type="checkbox"/> <input type="checkbox"/> | |
| Tuesday | <input type="checkbox"/> Arm Workout: Week 6 <input type="checkbox"/> <input type="checkbox"/> | |
| Wednesday | <input type="checkbox"/> Active Recovery - Walk, Jog, Cycle <input type="checkbox"/> <input type="checkbox"/> | |
| Thursday | <input type="checkbox"/> Full Body Week 6 <input type="checkbox"/> <input type="checkbox"/> | |
| Friday | <input type="checkbox"/> Cardio + Core: Week 6 <input type="checkbox"/> | |
| Saturday | <input type="checkbox"/> EMOM Leg Workout Week 6 <input type="checkbox"/> <input type="checkbox"/> | |
| Sunday | <input type="checkbox"/> Functional Core Week 6 <input type="checkbox"/> <input type="checkbox"/> | |

Workout Journal

Workout Focus **Leg Workout: Week 6 1 Heavy and 1 Moderate Weight**

Date

Warm Up 10 minute walk at 5% incline

Cool Down 5 minutes static stretching

Flexibility

Tightness/Aches/Concerns

Circuit Training

| Exercise | Weight | Reps | Rounds |
|----------------------------|-----------------|--------------|--------|
| Front Rack Sumo Squat | Heavy Weight | 10 reps | |
| Swing to Squat Swing | Moderate Weight | 10 reps/move | |
| Reverse Lunge To March | Moderate Weight | 10 reps/leg | |
| Halo Chop Side Lunge* | Moderate Weight | 12 reps/arm | |
| Quadruped Glute Extension* | Moderate Weight | 10 reps/leg | |
| Bird Dog | | 10 reps/side | |
| Rest 1-2 min | | | |

Halo Chop Side Lunge* - Start in single leg stance, pull up on non-weight bearing side and rotate over leg you stepped onto

Quadruped Glute Extension* - Bend knee and place towel to have a cushion for the weight

Difficulty Level

| |
|------------------------|
| Easy to Light 1-3/10 |
| Moderate 4-5/10 |
| Moderately Hard 6-7/10 |
| Very Hard 8-9/10 |
| Maxed Out 10/10 |

Important To Dos

| |
|--------------------------------|
| Hydrate and Eat Post-Workout |
| Thank your body for showing up |
| Plan Recovery Workout/Walk |
| |
| |

Workout Journal

Workout Focus

Arm and Core: Week 6, Workout 2. 1 Set Moderate Weight

Date

Warm Up

10 minute walk at 5% incline

Cool Down

5 minutes static stretching

Flexibility

Tightness/Aches/Concerns

Circuit Training

| Exercise | Weight | Reps | Rounds |
|--------------------|--------|------------|--------|
| Strict Press | | 8 Reps | |
| Bent Over Rows | | 12 reps | |
| Concentrated Curls | | 5 reps/arm | |
| Triceps Press | | 12 reps | |
| Forward Press | | 10 reps | |
| Push Ups | | 10 reps | |

Notes

Difficulty Level

Easy to Light 1-3/10

Moderate 4-5/10

Moderately Hard 6-7/10

Very Hard 8-9/10

Maxed Out 10/10

Important To Dos

Hydrate and Eat Post-Workout

Thank your body for showing up

Plan Recovery Workout/Walk

Workout Journal

Workout Focus Full Body Workout: Week 6 Moderate Weights, Band

Date

Warm Up 10 minute walk at 5% incline

Cool Down 5 minutes static stretching

Flexibility

Tightness/Aches/Concerns

Circuit Training

| Exercise | Weight | Reps | Rounds |
|-----------------------------|--------|-------------|--------|
| Front Rack Squat | | 10 reps | |
| Lat Kick Back | | 10 reps | |
| Front Rack Good Morning | | 10 reps | |
| Renegade Row | | 12 reps/arm | |
| Lat Pull Downs In 1/4 Squat | Band | 15 reps | |
| Kneeling Rhomboid Lift Off | | 10 reps | |
| Rest 1-2 min | | | |

Notes

- Difficulty Level
- Easy to Light 1-3/10
- Moderate 4-5/10
- Moderately Hard 6-7/10
- Very Hard 8-9/10
- Maxed Out 10/10

- Important To Dos
- Hydrate and Eat Post-Workout
- Thank your body for showing up
- Plan Recovery Workout/Walk
-
-

Workout Journal

| | |
|---------------|----------------------|
| Workout Focus | Cardio + Core Week 6 |
| Date | |
| Warm Up | Dynamic Stretches |
| Notes | |

Cardio Workout

| Cardio Set | On:Off | Speed | Rounds |
|----------------------|--------------|----------|--------|
| 30 sec increases x 4 | 2 min: 1 min | 5-7+ mph | 4 |
| Incline Walk - 12% | 10-25 min on | 3 mph+ | |

Core

4 Rounds
V Ups x 10 Reps
Bridges with hold at top x 10 reps
Toe Tap Downs x 10 reps/leg

4 Rounds
Dead Bugs x 10 reps/side
Bridging Dead Bug x 10 reps/side
Frog Bridge x 12 reps

Notes

| Difficulty Level |
|------------------------|
| Easy to Light 1-3/10 |
| Moderate 4-5/10 |
| Moderately Hard 6-7/10 |
| Very Hard 8-9/10 |
| Maxed Out 10/10 |

| Important To Dos |
|--------------------------------|
| Hydrate and Eat Post-Workout |
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| |
| |
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Workout Journal

Workout Focus

EMOM Leg Workout Week 6 - Moderate Weights

Date

Warm Up

Cool Down

5 minutes static stretching

Flexibility

Tightness/Aches/Concerns

Circuit Training

| Exercise | Comments | Reps | Rounds |
|--|---|-------------------------------|--------|
| A - Romanian Deadlift A - Kettlebell Swings | Perform Swings for remainder of 1 minute | 12 reps To End of 1 min | |
| B - Deadlift -> Clean -> Alternating Curtsey Squat | Work Full Minute | As many reps as Possible | |
| C - Weighted Bridges | Rest after 20 | 20 reps | |
| D - Quadruped Glute Lifts D - Quadruped Arches D - Quadruped Fire Hydrants | Perform in side bridge, each side is its own minute | 10 reps 10 reps 10 reps | |

Notes

Difficulty Level

Easy to Light 1-3/10

Moderate 4-5/10

Moderately Hard 6-7/10

Very Hard 8-9/10

Maxed Out 10/10

Important To Dos

Hydrate and Eat Post-Workout

Thank your body for showing up

Plan Recovery Workout/Walk

Workout Journal

Workout Focus **Core Workout: Week 6 1 Medium 1 Moderate Weights**

Date

Warm Up 10 minute walk at 5% incline

Cool Down 5 minutes static stretching

Flexibility

Tightness/Aches/Concerns

Circuit Training

| Exercise | Weight | Reps | Rounds |
|------------------------|---------------|-----------------|--------|
| Offset Sumo Squat | | 8 reps/position | |
| Around The World Curl* | Medium Weight | 10 reps/side | |
| Cross Clean to Press | Medium Weight | 10 reps/side | |
| Stability Dead Bug# | Medium Weight | 10 reps/arm | |
| Chest Press in Bridge | Heavy Weight | 15 reps | |
| Kettlebell Swings | Heavy Weight | 20 reps | |
| Rest 1-2 min | | | |

Notes
 *Kneeling
 # Option to do without weight

| Difficulty Level |
|------------------------|
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| Important To Dos |
|--------------------------------|
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| |
| |

DAILY WELLNESS LOG

Date:

Daily Affirmation

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Today I am grateful for:

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Things I can do to make today great:

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Wellness Log

Water Tracker



Exercise Log

Mood Tracker



Meals

Breakfast

Lunch

Dinner

Snacks

Drinks

Great things that happened today:

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Thoughts and Reflections

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HABIT TRACKER

Cardio workout

Hydration

Yoga

Went for a walk

WEEKLY AFFIRMATION

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Workout Log

Workout Focus

Date

Warm Up

Cool Down

Flexibility

Tightness/Aches/Concerns

Circuit Training

| Exercise | Weight | Reps | Rounds |
|----------|--------|------|--------|
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Notes

Difficulty Level

Easy to Light 1-3/10

Moderate 4-5/10

Moderately Hard 6-7/10

Very Hard 8-9/10

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Important To Dos

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Plan Recovery Workout/Walk

Workout Log

Workout Focus

Date

Warm Up

Cool Down

Straight Sets

| Exercise | Weight | Reps | Sets |
|----------|--------|------|------|
| | | | |
| | | | |

Circuit Training

| Exercise | Weight | Reps | Rounds |
|----------|--------|------|--------|
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Notes

Difficulty Level

Easy to Light 1-3/10

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Plan Recovery Workout/Walk

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