

Transform Your Body NOW!

HOME ★ ★ ★ ★ ★
BOOTCAMP
★ ★ ★ **WORKOUTS**

2 Week
Challenge
WORKOUTS

www.HomeBootcampWorkouts.com

Disclaimer

Before you start doing any of the exercises prescribed in the Home Boot Camp Workouts you must get your doctor/physicians approval. This website and it's programs are for informational purposes only and are not meant as medical advice, nor are they a substitute for medical advice. The exercises and programs on this website are designed for fit and healthy individuals over the age of 18 only.

Performing exercise of all types can pose a risk to the exerciser. We advise that you should take full responsibility for your own health and safety. Before exercising make certain your equipment is in good condition and be sure to know your own physical limits. Adequate warm up and cool downs should be undertaken before and after any exercise.

Do not perform any of the exercises in this program until you have been shown proper technique by a qualified fitness professional. If you experience any pain, discomfort, lightheadedness, dizziness or you become short of breath, stop exercising immediately and consult your doctor/physician.

About Travis

Travis Sawyer has worked as a Personal Trainer in Western Australia since 2003. More recently he has qualified as a level 1 Strength & Conditioning Coach and travels to the USA regularly to network with Americas top trainers and learn all he can from them.



He is a die-hard basketball player, a terrible surfer and an all round athlete ready to try any challenge laid out in front of him. He has struggled through countless injuries and illnesses and continues to learn on his quest for exceptional health.

Travis has worked with major companies and been featured on the radio and in newspapers. He started Perth Fitness Bootcamps in 2009 and loves his job, his clients and the results that they are achieving.

You can keep up with the latest health and fitness news on his blog at www.TravisSawyer.com to provide you with tips to help you reach your goals.

Where to Start?

Print out your workouts or upload them to your handheld device (instructions below).

Take the workouts with you to a space to work out in. Make sure there is plenty of room.

The workouts are designed to be completed on alternate days.

Make sure to alternate between the Challenge Strength and Challenge Cardio workouts for enough recovery between workouts.

If you are an absolute beginner, do the strength workout one day, take a day off, then do the cardio workout, take a day off, and start with the strength workout again.

Keep one day a week free of exercise for full recovery.

Some people may be able to work out 6 days a week and some only 3 days. Whatever level you are up to, that is fine, just perform to your own ability.

Always read the Workout Instructions before you start.

Warmup every time as this helps loosen up the joints and muscles, gets your blood pumping and heart rate up, and prepares the body for more vigorous activity.

Complete the workout in the sequence provided. It is set up that way for maximum intensity and resting muscle groups.

Finish off your workout with a full body stretching routine supplied. Feel free to add any stretches you have been advised to do.

Getting Started With Your Handheld Device

To use the Home Boot Camp Workouts on your handheld device, you will need a colour screen mobile phone or mp3 player that supports JPEG image files. The workouts consist of a series of JPEG images in a particular order showing exercises descriptions, exercise pictures, sets, reps, etc.

Step 1

Connect your mobile device to your computer and upload the workout folders into the pictures section of your mobile device. Tip – Make sure you upload the folders and not just the picture files so you can keep your workouts organised.

You should have the software/connection already available with your mobile device. For example iPhone and iPod users will upload the workouts with iTunes. Please refer to your mobile devices manual or website if you are unsure how to upload pictures onto your device.

Step 2




Start playing your favourite music on your mobile device, then go back into your pictures folder and choose your workout.

Select the first image in the slideshow and follow the workout instructions as you scroll through the images.

Note: Make sure your device is not playing your pictures in random order. Most devices should have an options menu where you can change this.

Warm Up

- Make sure you complete this dynamic warmup before starting any workout.
- The following dynamic warmup is a circuit.
- A circuit is where you complete each exercise back to back with little or no rest.
- Complete 3 circuits of the following exercises before starting your workout.
- Grab a drink or rest whenever you need it.

Exercise		Reps
<p>Bodyweight Squat</p> <ul style="list-style-type: none"> • Descend into a squat position by pushing your hips back and keeping your heels on the ground. • Once your thighs are parallel with the floor, push back up into a standing position. 		8
<p>Braced Spiderman Climb</p> <ul style="list-style-type: none"> • Starting in a pushup position, bring one knee towards your elbow without letting your foot touch the ground, then extend your leg back to the start position. • Alternate legs each repetition. 		8 / side
<p>Jumping Jacks</p> <ul style="list-style-type: none"> • Start with your arms by your side and feet together. • Jump and spread your feet apart as you raise your arms above your head. • Jump and reverse the movement. 		12




Stretches




- Perform the following exercises post workout.
- Hold each stretch for 20-30 seconds.
- Hold the stretch only to the point of tension (not pain).
- Repeat stretches on especially tight muscle groups.



Challenge Strength Workout




- Make sure you complete a dynamic warmup before starting this workout.
- The following workout is a circuit.
- A circuit is where you complete each exercise back to back with little or no rest.
- Complete as many circuits as you can in 20 minutes.
- Grab a drink or rest whenever you need it.






Exercise		Reps
<p>Crocodile Pushup</p> <ul style="list-style-type: none"> • Start in a pushup position but with one hand staggered forward from the other. • Perform a pushup then walk your other hand forward (and your feet) then perform another pushup. • Continue to walk opposite hands forward each repetition. 		8-12 reps
<p>Bodyweight Reverse Lunge</p> <ul style="list-style-type: none"> • From a standing position lunge backwards and drop your back knee towards the floor stopping just short of touching. • Your front knee should end up above your foot. • Push back up to the start position. 		8 / side
<p>Side Plank</p> <ul style="list-style-type: none"> • Support your body on your forearm and side of your foot. • Your elbow should be directly under your shoulder. • Brace your core, lift your hips so your body is straight and hold for the required time. 		30 sec each side


<p>Aeroplanes</p> <ul style="list-style-type: none"> • Stand on one leg with your knee slightly bent and arms out to the side. • Bend forward from your hips and extend your other leg out behind. • Once your body is parallel to the ground, return to the start position. 		<p>8 / side</p>
<p>Bodyweight Row</p> <ul style="list-style-type: none"> • Starting in a pushup position, brace your core and row one hand up to the side of your torso, then lower it back down and alternate sides. • Continue to alternate sides each repetition. 		<p>10 / side</p>
<p>Run / Stationary Run</p> <ul style="list-style-type: none"> • Run approximately 20 metres up and back for a total of 40 metres. OR • Run on the spot with high knees and arms for 40 reps each leg. 		




Challenge Cardio Workout

- Complete the following 16min workout by doing each exercise for the required amount of time.
- The exercises are to be completed back to back with minimum rest between them.
- For best results, set a countdown timer for 30 seconds and follow along
- **Equipment required:** none

Exercise		Reps
<p>Squat Thrust</p> <ul style="list-style-type: none"> • From a standing position squat down and place your hands on the ground then thrust your legs out into a pushup position. • From the pushup position reverse the movement and stand back up. 		30 sec
<p>Step Up with Knee Drive</p> <ul style="list-style-type: none"> • Step up onto a bench and drive your knee at the top, then reverse the movement back onto the floor. • Alternate legs each repetition. 		90 sec
<p>Jumping Jacks</p> <ul style="list-style-type: none"> • Start with your arms by your side and feet together. • Jump and spread your feet apart as you raise your arms above your head. • Jump and reverse the movement. 		30 sec

<p>Run / Stationary Run</p> <ul style="list-style-type: none"> Run approximately 20 metres up and back for a total of 40 metres. OR Run on the spot with high knees and arms for 40 reps each leg. 		<p>90 sec</p>
<p>Bodyweight Squat</p> <ul style="list-style-type: none"> Descend into a squat position by pushing your hips back and keeping your heels on the ground. Once your thighs are parallel with the floor, push back up into a standing position. 		<p>30 sec</p>
<p>Step Up with Knee Drive</p> <ul style="list-style-type: none"> Step up onto a bench and drive your knee at the top, then reverse the movement back onto the floor. Alternate legs each repetition. 		<p>90 sec</p>
<p>Mountain Climber</p> <ul style="list-style-type: none"> Start in a pushup position with your core braced. Alternate driving each knee towards your chest like you are running up a mountain. 		<p>30 sec</p>
<p>Run / Stationary Run</p> <ul style="list-style-type: none"> Run approximately 20 metres up and back for a total of 40 metres. OR Run on the spot with high knees and arms for 40 reps each leg. 		<p>90 sec</p>

<p>Squat Thrust</p> <ul style="list-style-type: none"> From a standing position squat down and place your hands on the ground then thrust your legs out into a pushup position. From the pushup position reverse the movement and stand back up. 		<p>30 sec</p>
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<p>Jumping Jacks</p> <ul style="list-style-type: none"> Start with your arms by your side and feet together. Jump and spread your feet apart as you raise your arms above your head. Jump and reverse the movement. 		<p>30 sec</p>
<p>Run / Stationary Run</p> <ul style="list-style-type: none"> Run approximately 20 metres up and back for a total of 40 metres. OR Run on the spot with high knees and arms for 40 reps each leg. 		<p>90 sec</p>
<p>Bodyweight Squat</p> <ul style="list-style-type: none"> Descend into a squat position by pushing your hips back and keeping your heels on the ground. Once your thighs are parallel with the floor, push back up into a standing position. 		<p>30 sec</p>

<p>Step Up with Knee Drive</p> <ul style="list-style-type: none"> • Step up onto a bench and drive your knee at the top, then reverse the movement back onto the floor. • Alternate legs each repetition. 		<p>90 sec</p>
<p>Mountain Climber</p> <ul style="list-style-type: none"> • Start in a pushup position with your core braced. • Alternate driving each knee towards your chest like you are running up a mountain. 		<p>30 sec</p>
<p>Run / Stationary Run</p> <ul style="list-style-type: none"> • Run approximately 20 metres up and back for a total of 40 metres. OR • Run on the spot with high knees and arms for 40 reps each leg. 		<p>90 sec</p>