

The Boot Camp Prep Program

This program is equipped with all the tools to get you in boot camp shape. It is split into four, three-week segments. Every three weeks, you'll adjust exercises and rep schemes to keep things progressing and interesting. As you move along the program, your intensity and volume will steadily increase, as your time will remain unchanged. This is referred to as training density.

Weeks 1-3

You will begin by training three nonconsecutive days per week, such as Monday, Wednesday and Friday. You will rotate workouts A1 and B1 on those nonconsecutive days. So Monday will be A1, Wednesday will be B1, and Friday will be A1 again. On the following Monday, you'll start where you left off with B1.

Workout A1	Warm up sets	Work sets	Rest (seconds)
Push ups	-	30 total reps	60
Pull ups	-	30 total reps	60
Bodyweight dips	-	30 total reps	60
Barbell clean and press	1 x 15	3x6	60
Inverted row	-	30 total reps	60
Floor crunch	-	3x20	30
½ mile run at comfortable pace	-	-	-

Workout B1	Warm up sets	Work sets	Rest (seconds)
Bench press	2 x 15	3x6	60
Deadlift	2 x 10	3x6	60
Diamond push up	-	30 total reps	60
Reverse grip pull up	-	30 total reps	60
Squat	1 x 15	3x6	60
Lying leg lift	-	3x20	30
½ mile run at comfortable pace	-	-	-

Weeks 4 to 6

You will continue to train three nonconsecutive days per week, following the alternating schedule from weeks 1-3 with workouts A2 and B2.

Workout A2	Warm up sets	Work sets	Rest (seconds)
Push ups	-	40 total reps	60
Pull ups	-	40 total reps	60
Inverted row	-	40 total reps	60
Barbell upright row	1 x 15	3x8	60
Bodyweight dips	-	40 total reps	60
Incline bench crunch	-	3x20	30
1 mile run at an increased pace	-	-	-

Workout B2	Warm up sets	Work sets	Rest (seconds)
Deadlift	2 x 10	3x8	60
Bench press	2 x 15	3x8	60
Reverse grip pull up	-	40 total reps	60
Diamond push up	-	40 total reps	60
Front squat	1 x 15	3x8	60
Hanging leg lift	-	3x20	30
1 mile run at an increased pace	-	-	-

Weeks 7 to 9

For the next three weeks, you'll increase your workout frequency to four days per week. Avoid training more than two consecutive days in a row. For example, you can train on Monday, Tuesday, Thursday and Friday, using workout A3 on Monday and Thursday and B3 on Tuesday and Friday.

Workout A3	Warm up sets	Work sets	Rest (seconds)
Push Ups (alternate normal and diamond)	-	50 total reps	60
Bodyweight dip	-	50 total reps	60
High rope cable pull	-	3x10	30
Standing dumbbell press	1 x 15	3x10	60
Incline bench sit up	-	3x20	30
Plank	-	3x20-30 sec	30
1 ½ mile run at increased pace	-	-	-

Workout B3	Warm up sets	Work sets	Rest (seconds)
Deadlift	2 x 10	3x8	60
Pull up (alternate normal and reverse grip)	-	50 total reps	60
Inverted row	-	50 total reps	60
Box jump	-	3x10	30
Farmer's walk or sled push	-	3 round trips	60
Hanging 3-way leg lift	-	3x20	60
Plank	-	3x20	30
1 ½ mile run at increased pace	-	-	-

Weeks 10 to 12

For the last three weeks, keep your frequency at four days per week, following the same pattern you used in weeks 7-9 with workouts A4 and B4.

Workout A4	Warm up sets	Work sets	Rest (seconds)
Push up (alternate normal and diamond); superset with pull up (alternate normal and reverse grip)	-	50 reps each	60
Bodyweight dip; superset with inverted row	-	50 total reps	60
Barbell hang cleans	-	3x10	60
Russian twist	-	3x20	60
¾-rep incline bench sit up with 3 second pause	-	3x10	60
Plank	-	3x20-30 sec	30
2 mile run at an increased pace	-	-	-

Workout B4	Warm up sets	Work sets	Rest (seconds)
One-arm kettlebell clean and press	2 x 10	3x8	60
Box jump; superset with farmer's walk or sled push	-	3 x 12-15 3 round trips	60
Dumbbell deadlift	1 x 10	3x8	60
Floor crunch	-	3x20	30
Hanging leg lift and hold	-	3x15	30
Plank	-	3x20-30 sec	30
2 mile run at an increased pace	-	-	-