



# FITNESS IS FOREVER

*with Colleen Fisher*

## Boot Camp Workout 1

### Warm Up:

- 5 minute jog
- 50 jumping jacks
- 20 [burpees](#)
- 30 [pushups](#)

### Phase 1: Sprints with exercises

- Start on the sideline of a football or soccer field. If you don't have a sports field handy, all you really need is 50 or 60 yards to run.
- To begin, do 10 reps of an exercise
- Sprint to the other side of the field.
- Do 10 more reps of the exercise.
- Sprint back. Do 10. Sprint over. Do 10. Sprint back. Do 10.
- You end up doing 4 sprints and 5 sets of the exercise per round.
- The first exercise is pushups. 10 pushups, sprint over, 10 pushups, sprint back, etc.
- The next exercise is [Squats](#)
- Next, do [Turkish get ups](#) (5 with the right arm raised, 5 with the left arm raised)
- [Russian twists](#)
- Jump lunges

### Phase 2: A 12 inch to 18 inch bench or wall is helpful for this one.

- Do 10 jump ups onto the platform.
- Turn around, put your feet up on the platform and do 20 decline pushups.
- Put your palms on the platform with your feet on the ground and do 20 dips.
- Do 4 sets.

### Phase 3: Finish with abs and core work.

- [Flutter kicks](#) - 30 per leg
- 30 [Bicycle exercises](#)
- 30 [Hip crossovers](#) - 15 to each side
- 50 [Ab crunches](#)