



**THE  
FITNESS  
GURU**

# **Boot Camp XT**

Set an interval timer for intervals of 30 seconds of work followed by 10 seconds of rest. Perform exercise 1 for 30 seconds, wait 10 seconds and perform Exercise 2. Each set is repeated three times before moving to the Interlude.

## **Set 1**

- 1. Surfer Jumps**
- 2. Alternating Lunges with a bicep Curl (with weights)**

## **Set 2**

- 1. Lateral Hurdle Jumps**
- 2. Turned Out Squat with Side Delt Lift (with weights)**

## **Set 3**

- 1. Burpees**
- 2. Squat Press (with weights)**

## **Interlude**

- Plank Rows with a Push up (10)**  
**One minute of Jacknives**  
**(both arms both legs)**