

# FGT BOOTCAMP WORKOUT

<b>WORKOUT GOAL</b>	Improve your cardiovascular efficiency and increase strength.					
<b>WORKOUT DESCRIPTION</b>	Burn calories and body fat as you work through several high intensity stations.					
<b>SAFETY BRIEF</b>	Working at pace and with high intensity; complete as many repetitions as possible while maintaining correct form.					
<b>EQUIPMENT</b>	HIIT Cardio & functional kit					
<b>DURATION</b>	5 - 10 mins of mobilisation plus run time					
<b>MOBILISERS</b>	3D squats	Spiderman lunge		Lateral lunge		
<b>THE WORKOUT</b>	Session design			Methodology		
	Circuit style, move around the 6 stations, 3 times. Each round will get progressively harder due to fatigue and increased duration.			Aim for 20 seconds of rest, move to your next working phase within this time. No additional rest in between sets.		
	Set	Exercise	Reps/time	Sets	Equipment	Direction
	1	Assault bike max output, note your power output (watts)	40 secs	1	Assault bike	Note your power in watts. Try to reciprocate in your next Assault bike station
		Box jumps			Plyo box	
		Battle rope double wave			Battle rope	
		Ski Erg max output, note your power output (watts)			Ski Erg	Note your power in watts. Try to reciprocate in your next Ski Erg station
		Kettlebell full swing			Kettlebell	
		Alpha bag clean and clam			Alpha bag	
	2	Assault bike max output, note your power output (watts)	1 min	1	Assault bike	Note of your power in watts. Try to reciprocate in your last Assault bike station
Box jumps		Plyo box				
Battle rope double wave		Battle rope				
Ski Erg max output, note your power output (watts)		Ski Erg			Note your power in watts. Try to reciprocate in your next Ski Erg station	
Kettlebell full swing		Kettlebell				
Alpha bag clean and slam		Alpha bag				
3	Assault bike max output, note your power output (watts)	1 min 20 secs	1	Assault bike		
	Box jumps			Plyo box		
	Battle rope double wave			Battle rope		
	Ski Erg max output, note your power output (watts)			Ski Erg		
	Kettlebell full swing			Kettlebell		
	Alpha bag clean and slam			Alpha bag		
<b>COOL DOWN</b>	Complete a light row session for 2 - 5 mins, aim to row 400 - 1000m to ensure full body cool down.					
<b>STRETCH</b>	Chest, Back, Quads, Hamstrings, Glutes					
<b>SIGNPOSTING</b>	Use our CORE app and view class timetables to complete the whole series of FGT gym floor classes.					