

# FitCamp Vacation Week Workout Plan

FULL NAME: \_\_\_\_\_ GOAL for Week? \_\_\_\_\_

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>After warm-up...</p> <p>Start timer and complete 5 rounds of the following 4 exercises in order</p> <p>20 Air Squats 20 Push-ups 20 Sit-ups 200 Yard Sprint Repeat 5x</p> <p>...Cool-down</p>	<p>After warm-up...</p> <p>RUN 5K for time</p> <p>5K = 12.3 laps at Doyle Track, Measure favorite loop in car or 7 Perimeters</p> <p>...Cool-down</p>	<p>After warm-up...</p> <p>Repeat Monday Workout Under Same Conditions With Goal of Trying to Beat Your First Time</p> <p>...Cool-down</p>	<p>Rest Day or 30-45 minutes of Easy Cardio, Yoga, Pilates etc...</p> <p>Free Pilates/Yoga Classes Offered by Jennifer St. Laurent this week only for FitCamp Members! Contact Jennifer at 978-400-1482</p>	<p>After warm-up...</p> <p>RUN 5-10K Easy</p> <p>5K = 12.3 laps at Doyle Track, Measure favorite loop in car or 7 Perimeters</p> <p>...Cool-down</p>	<p>Repeat Monday Workout Under Same Conditions With Goal of Trying to Beat Both Times</p>	<p>Rest Day or 30-45 minutes of Easy Cardio, Yoga, Pilates etc...</p>
<p><b>RECORD TIME:</b></p> <p>_____</p>	<p><b>RECORD TIME:</b></p> <p>_____</p>	<p><b>RECORD TIME:</b></p> <p>_____</p>	<p><b>RECORD TIME:</b></p> <p>_____</p>	<p><b>RECORD TIME:</b></p> <p>_____</p>	<p><b>RECORD TIME:</b></p> <p>_____</p>	<p><b>RECORD TIME:</b></p> <p>_____</p>

\*All workouts should be preceded with a 5-10 minute warm-up consisting of light swimming, biking, jogging, jumping rope, stairs or general calisthenics.

\*All workouts should conclude with a 5-10 minute cool-down consisting of light cardio and full body stretches.

**SUBSTITUTIONS:** IF you have an injury or physical limitation preventing you from doing 200yd sprints then take out sprint and do 6 complete rounds of 3 exercises listed for time. IF you cannot run 5K due to physical limitation or injury then pick another form of cardio you can do for 20-30 minutes all out.

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