



# Fit Body Bootcamp TO GO!



## CARDIO INFERNO

### Dynamic Warm-Up 5-10 minutes (30 seconds each movement, 1-2 rounds)

- Walk in place
- Jog/Run in Place
- Jump n Jacks
- Butt Kicks
- High Knees
- Arm Swings
- Arm Circles

### The Workout (Rounds 1- your limit of 30-60secs each exercise) for proper form refer to video.

- **Jump Rope/Simulated (if you don't have a jump rope)**

Have a slight knee flex and be sure to jump on the balls of your feet. Keep the jump rope at about hip level and make small circles with your wrist to rotate the jump rope. Challenge yourself.

- **Sprints**

For proper form, be sure to drive your hands up to chin level and back down to hip level, have a slight bend in the knees at all times and have a heel to toe foot strike with the ground. You can use an elevated or flat surface to complete your sprints. Sprint in one direction and jog back to the start.

- **Burpees**

For proper form, start with your feet shoulder width apart. Bend at the waist, place hands on the ground, and kick your feet back so you are in plank position. Then drive knees up toward your chest, land your feet and stand up. Repeat.

- **Side Shuffles**

For proper form, get in athletic stance slightly bending at the hips and knees. Have your hands up at your sides. Push off the outside of your feet moving side to side as quick as you can.

- **Side Hops on floor**

Start by getting in a push up position, and then put your feet together. Have your knees slightly bent and pick a center point where you can jump side to side while maintaining the push up position.

- **Side Jumps**

For proper form, have feet slightly apart, knees bent and hips dipped down. You will drive your body upward and to the side while jumping. Be sure to land with your knees slightly bent to better absorb the impact of your jump. Never land with your legs locked out because this could cause an injury.

**Stretch- Make sure not to skip stretching very important to helping prevent injury.**

Standing Toe Touch Feet Together - 10-15 seconds

Standing Toe Touch Legs Shoulder width apart reach to middle - 10-15 seconds

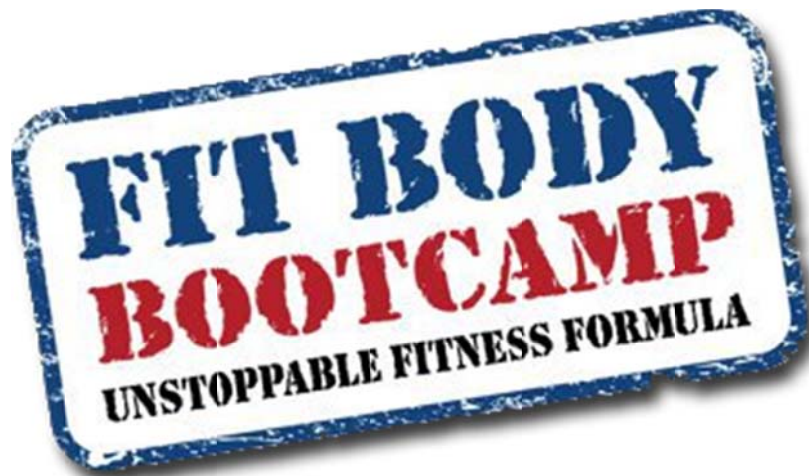
Standing Toe Touch Legs Shoulder width apart reach to Right Foot - 10-15 seconds

Standing Toe Touch Legs Shoulder width apart reach to Left Foot - 10-15 seconds

Standing Quad stretch grab at the ankle and bring heel toward gluteus - 10-15 seconds

Arm Swings - Cross arms back and forth in front of the body - 10-15 seconds

Triceps Stretch - Reach hand over head and lightly pull at elbow to stretch - 10-15 seconds



JM Fitness LLC/PGH FBBC

Informed Consent Waiver, Release and Hold Harmless Agreement for Fitness Program Participant

I, the undersigned participant, am hereby enrolling in a program of strenuous physical activity including but not limited to weight lifting, cardio, and various aerobic conditioning offered by JM Fitness/PGH FBBC. I hereby acknowledge it is my responsibility to meet with and be cleared by a physician before participating in any services offered by JM Fitness LLC/PGH FBBC. I hereby affirm to the best of my knowledge that I don't suffer from any condition that would prevent or limit my participation in this Fitness Program and have not withheld any related information from JM Fitness LLC/PGH FBBC.

I acknowledge if my health changes, it is my responsibility to recognize the change and seek medical advice to help me decide if my continued participation in the Fitness Program or any part of the fitness program is still right for me.

I fully understand that I may injure myself as a result of my participation in JM Fitness/PGH FBBC fitness program and I hereby release JM Fitness LLC/PGH FBBC from any liability now or in the future for any injury, bones, shin splints, heat prostration, knee/lower back/foot injuries and any other illness, soreness or injury however cause, occurred during, or after my participation in the fitness program for any reason.

In consideration of my participation in JM Fitness's LLC/PGH FBBC Fitness Program, I, for myself my personal representatives, administrators, heirs and assigns, hereby hold harmless JM Fitness LLC/PGH FBBC, from any claims, demands, and causes of action, including reasonable legal expenses and attorney's fees, arising from my participation in the Fitness Program.

By following any content contained on this website, I hereby affirm that I have read the above information and fully understand it.