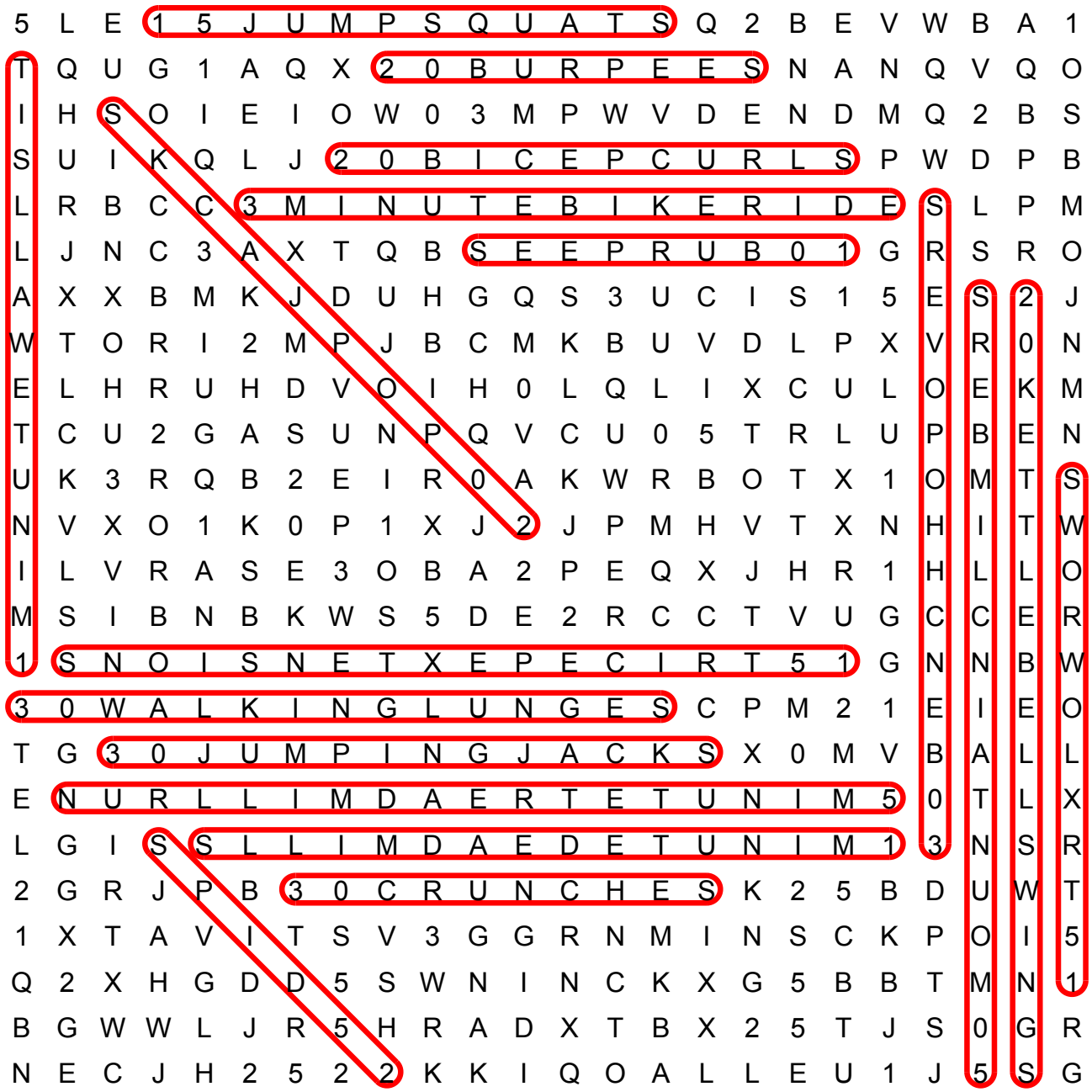
Name: _____ Date: _____

BOOTCAMP WORD SEARCH WORKOUT



5 MINUTE TREADMILL RUN
20 KETTLEBELL SWINGS
30 BENCH HOP OVERS
30 JUMPING JACKS
20 BICEP CURLS
20 BURPEES

50 MOUNTAIN CLIMBERS
3 MINUTE BIKE RIDE
30 WALKING LUNGES
15 TRX LOW ROWS
20 POP JACKS
10 BURPEES

15 TRICEP EXTENSIONS
1 MINUTE DEADMILLS
1 MINUTE WALL SIT
15 JUMP SQUATS
30 CRUNCHES
25 DIPS