

YOUR BODY BETTER
BEST BODY EVER CHALLENGE
BODYWEIGHT BOOT CAMP #3

Reps	Exercise	Weight	Sets	Keep Track
Max	SpiderPushups	n/a	4	
30	Fireflies	n/a	4	
12	Calf Jumps	n/a	4	
after four cycles, rest for 2 minutes				
10	Plyo Pushups	n/a	4	
100	Bicycles	n/a	4	
20	Shoulder Bridges	n/a	4	
after four cycles, rest for 2 minutes				
15	Jump Squats	n/a	4	
10	Walking Pushups	n/a	4	
100	Mountain Climbers	n/a	4	
after four cycles, repeat from the beginning until you've completed 60 minutes				