

GROUND
MOVEMENT C

GMC Bootcamp workouts

'July taster 2022'

GMC BOOTCAMP WORKOUT TASTER!

WORKOUT #80

Warm up: 5 minutes of light to moderate cardio: brisk walk/ run/ rower/ cross trainer etc.

Equipment: Dumbbells or cans + kettlebell.

Instructions: Between each 8 round set, have a 90 sec-2min rest, before starting the next exercise set. With exercises that are jumped orientated please drop these to a stepping motion if you have any knee or lower back injuries or niggles.

- 30 sec **3D lunge** / 15 sec **run**(max pace) / 15 sec rest x 8
- 30 sec **dumbbell deadlift** / 15 sec **step ups**/ 15 sec rest x 8
- 30 sec **kettlebell swing** / 15 sec **jump squats** / 15 sec rest x 8
- 30 sec **sumo pulse** / 15 sec **plank with knee crunch** / 15 sec rest x 8

Cool down: Take the time to stay on your mat for 5 minutes and do some stretches you enjoy doing. If you have a foam roller take advantage of this!



GMC BOOTCAMP WORKOUT TASTER!

WORKOUT #16

Warm up: 5 minutes of light to moderate cardio: brisk walk/ run/ rower/ cross trainer etc.

Equipment: No equipment needed.

Instructions: Perform each exercise for the time you choose from the below level options. Have a 10-15 sec rest between exercises. After exercise #10 rest for 60 sec before repeating for 2-3 rounds.

Level 1: 30 sec each exercise | 45 sec each exercise | 60 sec each exercise

1. **Sit to stands**
2. **Single leg sit to stand (each side)**
3. **Alternating reverse lunge**
4. **Alternating bird-dog**
5. **Side lying clam (each side)**
6. **Straight leg kick back (each side)**
7. **Side lying hip abductions (each side)**
8. **Glute bridge**
9. **Single leg glute bridge (each side)**
10. **Single leg, leg lower (alternating)**

Cool down: Take the time to stay on your mat for 5 minutes and do some stretches you enjoy doing. If you have a foam roller take advantage of this!

