

HURRICANE



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Warmup

- 5 minutes average
- Rehearsal moves
- bootcamps time , reps, process
 - success of bootcamps
- Teach posture and core bracing
- Introduce format while class is moving

Rep based

- 1000 rep work out = 100 reps per exercises x 10
- 100 burpee 10 burpees, squats, 10 burpees
- 50 rep ,25, rep, 10 rep
- 60 rep, 30 rep , 10
- Pyramids front ... then reverse
- Pyramid class 8 exercise. 45 minutes 9 60 minutes

BOREDOM BUSTER

Complete each exercise for one minute, with a 15 second rest between.
You can choose one from each body part and complete that way, or
complete each body part completely before moving on. Enjoy!

Upper Body

Shoulder Press
Back Row
In and Out Bicep Curl
Standing Tricep Ext.
Push Ups

Lower Body

Curtsy Lunges
Sumo Squats
Reverse Lunge
Squat w/ Side Abduction
Donkey Kick (switch legs halfway)

High Intensity

Heisman
Power Squats
Skater Lunges
Squat Jumps
Hit the Floor

Core

Russian Twists
In and Outs
Ankle Reach
Leg Lifts
Plank

Combo Moves

Bridge w/ Chest Fly
Lunge w/ Hammer Curl
Squat with Upright Row
Side lunge w/ Twist
Reverse Lunge - Squat-
Forward Lunge

Jello Arms

10 Pushups
25 Triceps Kickbacks Right
25 Triceps Kickbacks Left
25 Bicep Curls and Front Press
20 Lateral Raises
25 Tricep Dips
25 Upright Rows
20 Single-arm Shoulder Press Right
20 Single-arm Shoulder Press Left
25 Chest Press
25 Shoulder Flys
20 Back Rows

Use 5-8lb Dumbbells or Resistance Bands

KICK YOUR OWN ASS BOOT CAMP WORKOUT

40 BURPEES
40 SQUATS
40 WEIGHTED PLANK ROWS
40 SIT UPS
40 PUSH UPS
40 WALKING LUNGE STEPS
100 2-COUNT BICYCLE CRUNCHES
150 JUMP ROPE SKIPS
100 2-COUNT FLUTTER KICKS
50 TUCK JUMPS
100 2-COUNT MOUNTAIN CLIMBERS
40 FLY V-UPS
40 SKATE JUMPS
40 2-COUNT SHOULDER TAP PLANK
40 (EACH SIDE) GLUTE BRIDGES
40 RUSSIAN TWISTS WITH WEIGHT
10 (EACH SIDE) TURKISH GET-UPS

WIPE PUDDLE OF SWEAT OFF THE FLOOR.

BEAST MODE.

45 Minute Total Body Circuit

Set a timer for 50 seconds of work/10 seconds of rest for 45 rounds.

Perform each exercise as many reps as possible with good form. Take a break if necessary.

Group 1

Jump Rope
Curtsy Lunge R
Jump Rope
Curtsy Lunge L
Jump Rope
Side Lunge R
Jump Rope
Side Lunge L
Jump Rope
Plie Squat
Jump Rope
Step Up R
Jump Rope
Step Up L
Jump Rope

Group 2

High Knees
1 leg Shoulder Press R
High Knees
1 Leg Shoulder Press L
High Knees
Tricep Dips
High Knees
Mountain Climbers
High Knees
Wide Pushups
High Knees
Inverted Plank
High Knees
Pushups
High Knees

Group 3

Jumping Jacks
Crunch w/ Leg Raise
Jumping Jacks
Squat Twist
Jumping Jacks
Lying Leg Lift
Jumping Jacks
Side Crunch R
Jumping Jacks
Side Crunch L
Jumping Jacks
Plank
Jumping Jacks
Burpees
Jumping Jacks

Boot Camp Blast

AMRAP in 6 minutes for each set. Do each set one time.

30
minutes
Full Body
HIIT
Workout

Set 1:

10 Burpees
10 Alt. T Push-Ups
10 Tricep Dips

Set 2:

10 Jump Squats
20 Bicycle Crunches
10 Side Plank Dips
per side

Set 3:

10 Speed Skaters
10 Squat Chops per
side
10 Alt. Lunges

Set 4:

10 Plank Jacks
5 D-bell Raises Front
5 D-bell Raises Middle
5 D-bell Raises Side

Set 5:

10 Tuck Jumps
20 Flutter Kicks
10 Double Leg Lifts



SWEAT IT OUT

Boot Camp Workout

Complete each exercise for 45 seconds before moving onto the next. Rest for two minutes and begin again, completing each exercise for 30 seconds.

Kettlebell Swings
Goblet Squat w/Kettlebell
Kettlebell Upright Row
Optional: 30 Sec. Run
Push Ups
Dips
Jumping Jacks
Optional: 30 Sec. Run
Ski Jumps
Walking Lunges
Squat Jumps
Optional: 30 Sec. Run

Side Plank to the Left
Side Plank to the Right
Leg Lift Crunches
Optional: 30 Sec. Run
Burpees
Crunches on Bosu Ball
Bosu Ball Push Ups
Optional: 30 Sec. Run
Bicep Curls with Bands
Skaters
Shuffles
Optional: 30 Sec. Run

quick 'n' sweaty Boot Camp Workout

complete each exercise for 60
seconds before moving onto the next

high knees	donkey kicks (L)
push ups	donkey kicks (R)
upright rows	lunges
tricep dips	side plank (L)
jumping jacks	side plank (R)
pulsing squats	bicep curls
wall sit	low rows
jump squats	skaters
bicycle crunches	side shuffles



FULL BODY *boot camp* WORKOUT

Complete 4 rounds of each section +
rest 30 seconds between rounds

Upper Body

10 curl to press
10 push-ups
10 tricep dips

Lower Body

15 squats
15 deadlifts
20 lunges

Core

1 minute plank
1 minute heel touches
1 minute leg drops

Cardio

20 burpees
30 second sprint
40 mountain climbers

Boot Camp #2

Set 1

15 Pushups
15 Squat to Press
10 Alternating Jumping Lunges
15 1 Legged Bicep Curls
10 Knee Jumps
15 Deadlifts with Heavy Weight
10 Plank Rows

Set 2

All of these are done across the room and back:

Inch Worm
Spider Man
Bear Crawl
Hops

Set 3

10 Circle Push Ups
10 Cross Legged Sit Ups
10 Burpees
30 Flutter Kicks
10 Chest Press
15 Mountain Climbers
15 Jumping Jacks

Start with the first two exercises and add on, starting each set over every time you add. Repeat the full set!

The 99 Workout

Set 1

99 jumping jacks
99 crunches
99 sec. wall sit
99 knee lifts
9 push-ups



Set 2



88 jumping jacks
88 crunches
88 sec. wall sit
88 knee lifts
8 push-ups

Set 3

77 jumping jacks
77 crunches
77 sec. wall sit
77 knee lifts
7 push-ups

Set 4

66 jumping jacks
66 crunches
66 sec. wall sit
66 knee lifts
6 push-ups

Set 5

55 jumping jacks
55 crunches
55 sec. wall sit
55 knee lifts
5 push-ups



Set 6

44 jumping jacks
44 crunches
44 sec. wall sit
44 knee lifts
4 push-ups

Set 7

33 jumping jacks
33 crunches
33 sec. wall sit
33 knee lifts
3 push-ups



Set 8

22 jumping jacks
22 crunches
22 sec. wall sit
22 knee lifts
2 push-ups

Set 9

11
minute
run





Summer Circuit Workout

1 min. each
exercise, 3x

Circuit 1

Alternating lunges with bicep curls

Jumping Jacks

Situps

Box jumps

Pushups

Circuit 2

Mountain Climbers

Tricep Kickbacks

Squats with overhead press

Plank

Jump Rope

Circuit 3

Alternating lunges with shoulder press

Dead rows

Squat Jumps

Chest flys with leg extension

Deadlifts



Summertime Arms

Biceps

15 Bicep Curls
10 Lower Bicep Curls
10 Upper Bicep Curls
15 Hammer Curls
30 High Knees
30 Mountain Climbers

Cardio Burst:

15 Burpees
15 Jump Squats
30 Jumping Jacks

Shoulders

12 Upright Row
8 Lateral Raise
8 Front Raise
15 Shoulder Press
30 Switch Kicks
30 Jumping Lunges

Complete each circuit
3 times before doing
the cardio burst once
and moving on to the
next circuit. Finish
with the core work.
Remember to warm
up and stretch after!

Triceps

15 Tricep Extensions
12 Tricep Pushdowns
15 Skull Crushers
10 Side-Tri Rise (each side)
12 Tricep Kickback (each side)
30 Plank Jacks
30 Jump Rope

Core

30 Bicycle Crunch
25 Leg Lift
20 Sit Ups
15 Russian Twists
10 Crunches
5 V-Ups
1 minute Plank

Burnin' 100 Rep Workout

100 Jumping Jacks

CORE

25 Standard Crunches
25 Bicycle Crunches
25 V-Ups
25 Mountain Climbers

25 Burpees

LEGS

25 Squats
25 Right Sided Lunges
25 Left Sided Lunges
25 Plie Squats

25 Burpees

ARMS

25 Bicep Curls
25 Shoulder Press
25 Tricep Extensions
25 Arm Raises

25 Burpees

CHEST

25 Pushups
25 Chest Flies
25 Incline Pushups
25 Chest Presses

25 Burpees

BACK

25 Deadlifts
25 Upright Rows
25 Bent Over Rows
25 Deadlifts

100 Jumping Jacks

- Set timer for 15 minutes
- Round 1
- 20 burpee.
- 20 reverse lunges
- 20 push-ups
- 20 crunches
- 20 tricep dips
- 20 over head press
- 20 donkey kicks
- Set 2
- 30 mountain climbers
- 30 squats
- 20 tricep extension overhead
- 40 bicycle crunch
- Kick left right

- Work-out
- Warm-up
- Kettle bell side to side
- Turn kick drop/turn kick drop
- Batter swing left 4 x batter swing right 4 times
- Push-up alternating lunge clap
- Skater lunge 8 skater drop 4
- Lunge clean press bicep curl left 4 left 4 right
- Bicep curl long head
- 4 jogs with direction
- Plyo burpee
- Sweep lats
- Bulgarian tricep
- Push-up deep squat reach right then left
- Seat belt abs
- Biceps with a twist
- Sweep shoulders
- Kneeling back palm up to palm down 8 behind back 8
- Leg ups and hollow out
- Kneeling tricep
- Gunslinger
- 3 shuffles left and right drop
- Rapid chop left rapid chop right
- Bicep low lunge to high lunge left 8 right 8
- Push up Row left right knee knee
- Arms tricep kick back then out to the side
- Front raise, lateral raise , tricep
- Seated chest press forward
- Crunch with a fly 4 left 4 right 4 together
- Shoulder press 4 high knee 4 high kick
- Alt lunge front with a twist
- 4 slams drop
- Abs 3 part ears knees ears
- Cork screw abs 4 left 4 right
- abs left and right around the world hands
- Abs get up 4 left then 4
- Knee elbow foot

Thank-you
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