

BOOT CAMP BURN: 12 WEEK MILITARY WORKOUT PROGRAM

Want to get as physically fit as the military men and women who protect our country? Give this 12 week military boot camp style workout program a try!

Main Goal: Lose Fat
Training Level: Beginner
Program Duration: 12 Weeks
Days Per Week: 4 Days

Time Per Workout: 30-45 Mins
Equipment: Barbell, Bodyweight, Dumbbells, Kettle Bells
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WEEKS 1 - 4

Workout A

	Warm Up	Working Sets / Rounds
Exercise		
1a. Pushups	20 Jumping Jacks	3 - 4 rounds of 10 - 20 reps
1b. Inverted Rows		3 - 4 rounds of 10 - 20 reps
1c. Leg Lifts		3 - 4 rounds of 10 - 20 reps
2a. Box Jumps	20 Steps of Walking Lunges	3 - 4 rounds of 10 - 20 reps
2b. Reverse Lunge		3 - 4 rounds of 10 - 20 reps
2c. Prisoner Squat		3 - 4 rounds of 10 - 20 reps
3a. Diamond Pushup		3 - 4 rounds of 10 - 20 reps
3b. Floor Crunch		3 - 4 rounds of 10 - 20 reps
3c. Plank		3 - 4 rounds of 30 seconds
4. 1 Mile Run	3 min warm up	Comfortable Pace

Workout B

	Warm Up	Working Sets / Rounds
Exercise		
1a. Front Squat	2 x 10	3 x 12
1b. Dumbbell Stiff Leg Deadlift	2 x 10	3 x 12
2a. Bench Press	2 x 10	3 x 8
2b. Dumbbell Row	2 x 10	3 x 8
3a. Kettlebell Swing		3 x 12
3b. Overhead Press		3 x 12
4. 1 mile run	3 min warm up	Comfortable Pace

WEEKS 5 - 8

Workout A

	Warm Up	Working Sets / Rounds
Exercise		
1a. Feet-Elevated Pushups	20 Jumping Jacks	3 - 4 rounds of 10 - 20 reps
1b. Chin Up		3 - 4 rounds of 10 - 20 reps
1c. Leg Lifts		3 - 4 rounds of 10 - 20 reps
2a. Box Jumps	20 Steps of Walking Lunges	3 - 4 rounds of 10 - 20 reps
2b. Walking Lunge		3 - 4 rounds of 10 - 20 reps
2c. Calf Jump		3 - 4 rounds of 10 - 20 reps
3a. Diamond Pushup		3 - 4 rounds of 10 - 20 reps
3b. Sit Up		3 - 4 rounds of 10 - 20 reps
3c. Plank		3 - 4 rounds of 30 seconds
4. 1.5 Mile Run	3 min warm up	Comfortable Pace

Workout B

	Warm Up	Working Sets / Rounds
Exercise		
1a. Squat	2 x 10	3 x 12
1b. Romanian Deadlift	2 x 10	3 x 12
2a. Dumbbell Bench Press	2 x 10	3 x 8
2b. Barbell Row	2 x 10	3 x 8
3a. Kettlebell Press		3 x 12
3b. Dumbbell Upright Row		3 x 12
4. 1.5 mile run	3 min warm up	Comfortable Pace

WEEKS 9 - 12

Workout A

	Warm Up	Working Sets / Rounds
Exercise		
1a. Plyo Pushups	20 Jumping Jacks	3 - 4 rounds of 10 - 20 reps
1b. Pull Up		3 - 4 rounds of 10 - 20 reps
1c. Decline Sit Up		3 - 4 rounds of 10 - 20 reps
2a. Walking Lunge		3 - 4 rounds of 10 - 20 reps
2b. Squat Jump		3 - 4 rounds of 10 - 20 reps
2c. Reverse Lunge		3 - 4 rounds of 10 - 20 reps
3a. Push Up on Swiss Ball		3 - 4 rounds of 10 - 20 reps
3b. Sit Up		3 - 4 rounds of 10 - 20 reps
3c. Plank		3 - 4 rounds of 30 seconds
4. 2 Mile Run	3 min warm up	Comfortable Pace

Workout B

	Warm Up	Working Sets / Rounds
Exercise		
1a. Goblet Squat	2 x 10	3 x 12
1b. Kettlebell Romanian Deadlift	2 x 10	3 x 12
2a. Incline Dumbbell Bench Press	2 x 10	3 x 8
2b. Kettlebell Row	2 x 10	3 x 8
3a. Single Arm Kettlebell Press		3 x 12
3b. Dumbbell Shrug		3 x 12
4. 2 mile run	3 min warm up	Comfortable Pace