

CRUSH CAMP

CRUSH @ HOME MINI HOLLA-DAY WORKOUTS

No Equipment Needed! Videos can be found @CrushCamp and CrushCamp.com

10-20 MIN BURNOUT

45S ON | 15S OFF | 2-4 ROUNDS

10 NARROW TO WIDE PUSH UPS *KNEES OR TOES

15 OUT AND IN JUMP SQUATS

10 COMMANDO + SNAP JUMP

15 FROG JUMPS

10/SIDE KICK SITS (AKA BEAR CRUNCHES)

10-20 FULL BODY PLYO CIRCUIT

30S ON | 10S OFF | 60-90S REST BETWEEN CIRCUITS | 4 ROUNDS

X OVERS

SINGLE LEG BURPEES (X1 LEG/ROUND)

180 DEGREE JUMP SQUATS

SINGLE LEG PLYOMETRIC SPRINTS (X1 LEG/ROUND)

PLANK JACKS

X1 PUSH UP + 4 MOUNTAIN CLIMBERS

15 MIN BURPEE WORKOUT

40S ON | 20S OFF | 4 ROUNDS

BURPEES W/ 180 JUMP

BURPEES W/ PLANK JACK

SINGLE LEG BURPEES (X1 LEG/ROUND)

1/2 BURPEES