

# REFUGEE FIT CAMP

Name: \_\_\_\_\_

Date: \_\_\_\_\_ M\_\_F\_\_

**Personal Goal:** \_\_\_\_\_

Warm Up		Repetition / Interval time				
Dynamic Squats	<b>20</b>					
Bent Knee Push Ups	<b>10</b>					
Lunges	<b>20</b>					
Windmill	<b>20</b>					
Stick Ups	<b>20</b>					
Strength 30 – 30						
Wall Sits plus Speed Squats						
Plank Plus Push Ups						
Single Leg Hip Extensions						
Renegade Rows						
Mult. Directional Lunges						

1 minute rest in transition

Core: 20 – 10						
Long Lever Crunches						
Vertical Leg Crunches						
Front Plank Side Steps						
Upper Body Twist						
Cardio: 40 – 20						
High Skips						
Squat Thrust						
Line Jumps						
Spiderman Climbs						
Jumping Jacks						