

The logo for 'bokS' features the word in a bold, lowercase sans-serif font. The letters 'b', 'o', and 'k' are dark blue, while the 'S' is white with a red outline. A red diagonal line cuts through the 'k' and 'S' from the top-left to the bottom-right.

bokS

SUMMER BOOTCAMP

**Fitness designed to strengthen,
support, and empower teens and
young adults**

Written and Coached by Reebok
Headquarters Trainers

- **SIX WEEKS**
- **NO EQUIPMENT NEEDED**
- **ALL FITNESS LEVELS**

WELCOME ATHLETES

This bootcamp is designed to strengthen, support, and empower young adults physically and mentally. Despite the challenges presented by COVID-19, physical activity can still be performed at home, outside, alone, or in small groups. Now more than ever, it is critical that people of all ages remain active in order to maintain and improve their physical and mental health.

This BOKS Summer Bootcamp is entirely equipment free, and can be performed anywhere you would have space for a yoga mat. It is designed to be highly modifiable and is suitable for all fitness levels - from beginners to fitness enthusiasts. The best part? The exercises will improve your strength, cardiovascular health, and better prepare you for sports and daily physical exertion. Regardless of where you start, by participating in fitness, you are a BOKS Athlete.

THE WORKOUTS

Each week highlights a new skill of the week. This skill will be practiced within workouts three times a week; once with a strength workout, a cardio-focused workout, and a HIIT (high intensity interval training) workout. Each workout is between 20 and 30 minutes long.

Throughout the BOKS Summer Bootcamp, Athletes will be guided through six weeks of workouts by Fitness Experts. These Experts are professionals in physical activity, and each have made a lifelong commitment to health and fitness. The Experts coach fitness classes at Reebok Headquarters in Boston, MA, helping individuals of all abilities become stronger, healthier, and happier.

CHALLENGE COMPETITION

At the culmination of this curriculum, Athletes (yes, that means you!) will have the option to complete the 1000 Rep BOKS Challenge. Each workout will prepare you for this challenge, mentally and physically. Once you have completed the challenge, submit a sweaty selfie, either on Instagram (tag @bokskids and use the hashtag #ConquerTheComeback) or to Shea Pease at shea.pease@bokskids.org.

One submission winner will be chosen at random and will be announced on Monday August 31st, 2020. The winner will receive a personalized message of congratulations from the Fitness Experts, along with a \$100 Reebok gift card. [*See link for full contest details*](#)

OPTIONAL ACTIVITIES

You will find three workouts per week within this Bootcamp, but that doesn't mean you can't be active the rest of the week! Take a walk around your neighborhood for at least 20 minutes. Go for a hike or a swim. Play with your pets or your siblings. Practice a sport, or a hobby.

Take some time to focus on your nutrition as well. Try a new healthy recipe, or eat a new food. Make sure you're drinking at least 8 cups of water a day to stay hydrated in the summer heat.

Regardless of what you choose to do, we encourage you to try to get moving at least once a day. It will help to improve your overall health and fitness and will provide an endorphin boost that will improve your mood!

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FITNESS EXPERTS



Austin Malleolo

Austin Malleolo is the General Manager of the Reebok HQ Fitness facility and has been working with Reebok for 10 years. Over the past decade he has taught seminars around the world and competed in the CrossFit Games.



Conor Murphy

Conor has been involved in fitness since he started playing football in high school. He always enjoyed training that would directly affect his performance on the field. That continued when he enlisted in the United States Navy. Training for his job in the Navy is what sparked Conor's interest in not only learning more, but training others as well. After getting his first training certification in 2009, he made fitness training his career in 2011 and currently coaches at the Reebok HQ Fitness Facility.



Denise Thomas

Denise Thomas manages the first floor of the Reebok HQ Fitness facility, as well as instructs and coaches fitness classes every day. She has a background in soccer (Boston Renegades and Irish National Team), and holds a Master's Degree in Exercise Physiology. She loves everything about fitness and sharing it with anyone and everyone who is willing to give it a try. Denise believes fitness can save lives and change the world if you let it.

FITNESS EXPERTS



**Brooke
Rosenbauer**

Brooke Rosenbauer grew up playing soccer and alpine skiing and coached both sports for kids. Now, she is a health coach, personal trainer, and group fitness instructor for strength training, cardio, core, cycling, and yoga classes. During the day, she leads Community Impact at Reebok to support local organizations that are helping lower income communities in Boston get more access to health and fitness opportunities. She loves teaching fitness because it is a way to help people feel strong, empowered, and happy.



**Kevin
O'Connell**

Kevin O'Connell is a lead trainer at the Reebok HQ Fitness facility and a native of Massachusetts. He has been coaching since 2011 and has been a part of the team at Reebok since 2015. Prior to his experience with coaching, Kevin worked as an Occupational Therapist. Kevin also has experience working in acute care and sub-acute care, mental/behavioral health and substance abuse disorders, as well as movement based therapy for children and young adults with developmental delays. His passion is to work with people of all abilities to help them reach their goals through fitness and health.



**Giancarlo
Graziani**

Giancarlo Graziani is a Coach at the Reebok HQ Fitness Facility in Boston, MA. He has worked there full time for almost 2 years. Prior to that, he worked part-time at various gyms and full-time as a National Park Ranger in Philadelphia, the Florida Everglades, and in Boston. He loves a workout where he can get outside and break a sweat under the sun.

WELCOME TO WEEK ONE

Watch the video below to learn about the skill of
the week!

BOKS Summer Bootcamp

SKILL OVERVIEW: SQUATS



Coached by
Reebok HQ Trainer:
Austin Malleolo

ADDITIONAL WEEK 1 EXERCISES

- **JUMPING JACKS:** Stand with both feet together, hands at sides. Jump feet apart and clap hands overhead at the same time. Return to starting position.
- **HIGH KNEES:** Stand tall, hands by your hips. Like you're running through tall grass, lift one knee up to one hand. Quickly switch and bring the other knee up.
- **BUTT KICKS:** Stand tall, kick one foot back to the back of your thigh. Switch.
- **MOUNTAIN CLIMBERS:** Get into a plank position (hands and toes on the ground, body in a straight line). Bring one knee up towards your chest. Switch.
- **FAST FEET:** Bend knees slightly, lifting feet barely off the ground. Move your feet up and down as quickly as possible.
- **PULSE SQUATS:** Normal squat, but pulse up and down once at the bottom of the squat.
- **SUMO SQUATS:** Get into a squat position. Bring your feet slightly wider apart and squat.
- **JUMP ROPE:** No jump rope needed! Pretend you're holding a jump rope in your hands. Feet together, jump up and down while moving your hands in sync.
- **WALL SIT:** With your back against a wall, slide down until your knees and hips are in line. Ankles should be under your knees. Hold, keeping your back tall.

SQUATS

Week 1, Day 1 - Strength

EXPERT TIP FROM AUSTIN:
"Fitness is what allows you to do whatever you want in your life. It allows you to have the autonomy to live your life, well."

WARM UP

Perform each exercise for 30 seconds.

Option for a 10 second rest between exercises.

- Jumping Jacks
- High Knees
- Butt Kicks
- REPEAT

SKILL STRENGTH TRAINING

- 10 Squats
- Rest 10 seconds
- 10 Pulse Squats
- Rest 10 seconds
- 10 Sumo Squats
- REST 10 seconds
- REPEAT 3 times

CHALLENGE

AMRAP (As Many Repetitions As Possible). Set a timer for 20 minutes.

Continue to cycle through the skill exercise until your timer goes off!

See how many times you can complete the circuit.

COOL DOWN

- Square Breathing
 - Stand, sit, or lie down. Breathe in through your nose for 4 seconds. Hold for 4 seconds. Breathe out through your mouth for 4 seconds. Hold for 4 seconds. REPEAT 2 times.

SQUATS

Week 1, Day 2 - Cardio

WARM UP

Tabatas (8 rounds of work, 20 seconds on, 10 seconds off).

Perform each exercise for 20 seconds, rest for 10 seconds.

- High Knees
- Mountain Climbers
- Jumping Jacks
- Fast Feet
- REPEAT

CARDIO

Ladder Squat Sprints.

- Perform one squat. Either sprint across the room OR do fast feet for 20 seconds in place.
- Once you reach the other side of the room or 20 seconds is up, do another squat.
- Continue to repeat this pattern, adding an extra squat repetition each round. Complete 10 rounds total, with 10 squats in a row in the final round.

CHALLENGE

After each squat, add a jumping jack.

COOL DOWN

- Quad stretch, 30 seconds each side
 - Stand tall, holding something if necessary. With one hand, reach behind you and grab your ankle or foot. Keep your knees close together and lift your foot to the back of your thigh until you feel a stretch in the front of your thigh. Hold.
- Go for a walk outside OR march in place for 3 minutes, taking deep breaths the entire time.

BOKS TIP:

Feeling tired during your workout? That's normal, and it means you're improving your fitness. **DON'T STOP** unless you need to. Instead, **slow your pace, but continue moving.**

SQUATS

Week 1, Day 3 - HIIT

WARM UP

AMRAP. Set a timer for 5 minutes.

Complete as many rounds of the below as possible.

- 30 Jumping Jacks
- 30 High Knees (15 per side)
- REST 10 seconds

HIIT

Complete each of the below for 30 seconds, as fast as you can. REST for 30 seconds between each exercise.

- Squats
- High Knees
- Sumo Squats
- Jump Rope (imaginary rope)
- Pulse Squats
- REPEAT

CHALLENGE

Instead of resting, hold a wall sit.

COOL DOWN

- Square Breathing
- Quad Stretch, 30 seconds each side
- Standing Hamstrings and Calves Stretch , 30 seconds each side
 - Stand with feet together. Fold forward, reaching for your toes. Reach as far down as is comfortable, letting your head and neck relax. Hold.

EXPERT TIP FROM AUSTIN:
"The most important aspect to life and fitness is consistency. Find freedom through discipline, which allows you to achieve your desired results."

WELCOME TO WEEK TWO

Watch the video below to learn about the skill of the week!

BOKS Summer Bootcamp

SKILL OVERVIEW: PUSH-UPS



Coached by
Reebok HQ Trainer:
Conor Murphy

ADDITIONAL WEEK 2 EXERCISES

- **ARM CIRCLES**, forward or back: Stand tall. Life arms out to your sides, hands in line with shoulders. Keeping arms straight, create circles either forward or backward with your arms.
- **PLANK**: Start by laying on your stomach on the ground. Push yourself off the ground so that your arms are straight, hands are on the ground, and toes are on the ground. Your body should be in a straight line from your shoulders to your feet. Hold. **OPTION** to drop to your knees and maintain the same positioning.
- **JABS**: Boxing move. Stand tall. Form a fist with one hand and punch forward, twisting your upper body as you do so. Alternate between sides.

PUSH UPS

Week 2, Day 1 - Push Ups

WARM UP

Complete each of the below exercises for 30 seconds.

- Jumping Jacks
- Arm Circles Forward
- High Knees
- Arm Circles Back
- Jog in Place
- REPEAT

SKILL STRENGTH TRAINING

- Plank hold for 20 seconds
- Plank hold on knees for 20 seconds
- 10 Push ups
- **EVALUATE: Should you do push ups on your knees or toes? If you can complete 10 push ups without your form faltering on your toes, try to stay on your toes. Otherwise, do push ups on your knees.**
- Plank hold for 20 seconds
- 20 Push Ups
- REPEAT 3 times

CHALLENGE

Hold plank for 60 seconds, drop to knees if form falters.

Perform push ups until form falters. How many reps can you do?

REPEAT 3 times.

COOL DOWN

- Square Breathing
- Ab (Abdominal) Stretch for 30 seconds
 - Lay on the ground on your stomach. Keeping knees and legs on the ground, press your upper body off the ground until you feel a stretch in your abs.

EXPERT TIP FROM CONOR:

"You'll always be where you've always been if you always do what you've always done. If you want a different result, make the changes."

PUSH UPS

Week 2, Day 2 - Cardio

BOKS TIP:

Push ups can be challenging, and should be modified to protect your body as you get stronger. Keep practicing, and soon enough you'll be able to complete more reps with better form.

WARM UP

Air Boxing

- 10 Jumping Jacks
- 10 Jabs on each side
- REPEAT 10 times

CARDIO

Push Up Pyramid

- Complete 10 Mountain Climbers and 1 Push Up
- REST 10 seconds
- Complete 10 Mountain Climbers and 2 Push Ups
- REST 10 seconds
- Continue this pattern until you reach 10 Push Ups. Then, reverse the pattern and decrease the number of Push Ups one by one, like a pyramid.

CHALLENGE

Instead of resting, complete 10 Squats.

COOL DOWN

- Cat/Cow - 10 reps
 - On hands and knees, arch your back up and your head down like a hissing cat. Hold briefly. Slowly push your back down and lift your head up like a cow. That is one rep.
- Child's Pose , 60 seconds
 - From your hands and knees, widen your knees slightly. Sit your hips back towards your feet, leaving your hands forward so your arms stretch straight out. Let your head drop. You should feel a stretch in your back and your hips.

PUSH UPS

Week 2, Day 3 - HIIT

WARM UP

- 40 Jumping Jacks
- 30 second Standing Hamstrings and Calves Stretch
- 30 High knees
- 30 second Standing Hamstrings and Calves Stretch
- 20 Butt kicks
- 30 second Standing Hamstrings and Calves Stretch

HIIT

Tabatas

Complete each of the below for 20 seconds.

Rest for 10 seconds between exercises.

- Push ups
- Mountain Climbers
- Plank
- Squat
- REPEAT

CHALLENGE

Set a base for your skills. Record how many repetitions you can do of the following before your form falters.

Push Ups

Mountain Climbers

Squats

Plank (length of time)

COOL DOWN

- Child's pose, 60 seconds
- Square Breathing

EXPERT TIP FROM CONOR:
"Say out loud the things you want to do. It will encourage you to have the discipline to do it when it comes around. "

WELCOME TO WEEK THREE

Watch the video below to learn about the skill of the week!

BOKS Summer Bootcamp

**SKILL OVERVIEW:
LUNGES**



Coached by
Reebok HQ Trainer:
Denise Thomas

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ADDITIONAL WEEK 3 EXERCISES

- **FORWARD LUNGES VS. BACKWARD LUNGES VS. STATIC LUNGES:** Lunges can be performed by rising and lunging in place. You can also complete forward lunges by starting with feet together, then stepping one foot forward into a lunge. Step back to return to center. Similarly, step backwards for a Backward Lunge and then return to starting position.
- **SIDE LUNGE:** Stand with feet together. Step one foot out to the side, so that the leg that did not move is straight and the other leg is bent slightly. Be sure hips come back as you lunge. Step back to the center.

LUNGES

Week 3, Day 1 - Strength

WARM UP

Perform each exercise for 30 seconds.

Option for a 10 second rest between exercises.

- Jumping Jacks
- High Knees
- Butt Kicks
- REPEAT

SKILL STRENGTH TRAINING

AMRAP. Set a timer for 10 minutes. Complete as many rounds of the below as possible until the 10 minutes are up!

- 30 Lunges (15 per side)
- 15 Squats
- 30 Forward Lunges (15 per side)
- 5 Push Ups
- 30 Backward Lunges (15 per side)
- 10 Jumping Jacks

CHALLENGE

Double the workout above by setting your timer for 20 minutes instead of 10!

COOL DOWN

Complete each of the below for one minute.

- Standing Hamstrings and Calves Stretch
- Quad Stretch, 30 seconds each side
- Ab stretch

EXPERT TIP FROM DENISE:

"Consistency, hard work, and effort are the formula to success. But, you have to have all three. It's like making a peanut butter and jelly sandwich. You need peanut butter, jelly, AND bread for it to be delicious!"

LUNGES

Week 3, Day 2 - Cardio

WARM UP

Tabatas.

Complete each exercise below for 20 seconds with 10 seconds of rest.

- Jumping Jacks
- Lunges
- High knees
- Squats
- REPEAT

CARDIO

Lunge Ladder.

Start with 1 rep of each exercise. Once all 3 exercises are completed, return to the first one. Add one rep to each exercise for each round. Complete 10 rounds total.

Ex: Round 3, you should do 3 reps of each exercise.

- Side Lunge (each side)
- Jumping Jack
- Forward Lunge (each side)
- Butt Kicks (each side)

CHALLENGE

Turn the Ladder into a Pyramid. Once you reach 10 reps per exercise and 10 rounds, go back down the pyramid. For the next round, complete 9 reps, then 8, until you're back to 1.

COOL DOWN

- Square Breathing
- Go for a walk outside or march in place for 3 minutes.

EXPERT TIP FROM DENISE:

"Fear is opportunity in disguise. It's an obstacle, not a barrier. Do whatever you need to do to turn that fear into a strength."

LUNGES

Week 3, Day 3 - HIIT

BOKS TIP:

HIIT is your opportunity to challenge your stamina and endurance! While you're working, move as quickly as possible (while staying safe). This will train your heart and make it stronger.

WARM UP

Complete the below exercises for one minute each.

- Jumping Jacks
- High Knees
- Slow Squats
- Jump Rope (with imaginary rope)
- Fast Feet

HIIT

Complete each exercise for 30 seconds. Rest for 30 seconds between exercises.

- Squats
- Push Ups
- Forward Lunges (alternating)
- Mountain Climbers
- Side Lunges (alternating)
- Plank
- REPEAT

CHALLENGE

Instead of resting, hold a wall sit.

COOL DOWN

- Square Breathing
- Standing Hamstrings and Calves Stretch, 60 seconds
- Quad Stretch, 30 seconds each side

WELCOME TO WEEK FOUR

Watch the video below to learn about the skill of the week!

BOKS Summer Bootcamp

**SKILL OVERVIEW:
JUMPS (LUNGE,
SQUAT, TUCK)**



Coached by
Reebok HQ Trainer:
Brooke Rosenbauer

ADDITIONAL WEEK 4 EXERCISES

- NONE! Have a great week of workouts. This week, focus on increasing intensity and speed during your workouts.

JUMPS

Week 4, Day 1 - Strength

EXPERT TIP FROM BROOKE:

"Love yourself enough to believe that you are worth this effort."

WARM UP

Tabatas. Do each exercise for 20 seconds, rest for 10 seconds.

- High Knees
- Mountain Climbers
- Jumping Jacks
- Fast Feet
- REPEAT

SKILL STRENGTH TRAINING

Practice each of the below first by completing five slow reps. Then, increase intensity and speed, and increase to 12 reps per exercise.

- Jump Lunge
- Lunge
- Squat Jump
- Squat
- Tuck Jump
- REST for 60 seconds
- REPEAT

CHALLENGE

Increase reps from 12 to 20 for all above exercises.

COOL DOWN

- Square Breathing
 - Option: Close your eyes
- Quad Stretch, 30 seconds each side
- Glute Stretch, 30 seconds each side
 - Stand tall, then cross one ankle over the opposite knee.
 - Sit back and down, holding something to stay balanced, until you feel a stretch in your glutes.

JUMPS

Week 4, Day 2 - Cardio

EXPERT TIP FROM BROOKE:

"Every day is a gift.
Movement is a gift."

WARM UP:

- 30 Mountain Climbers, 15 per side
- 10 Cat/Cow
- 30 Jumping Jacks
- 30 seconds Standing Hamstrings and Calves Stretch

CARDIO

Ladder Jumps.

- Perform one Squat Jump, Tuck Jump, and Jump Lunge. Either sprint across the room OR do fast feet for 20 seconds in place.
- Once you reach the other side of the room or 20 seconds is up, do one more repetition of each exercise.
- Continue to repeat this pattern, adding an extra repetition each round. Complete 10 rounds total, with 10 reps of each exercise by the end.

CHALLENGE

Turn the Ladder into a Pyramid. Once 10 rounds and 10 reps per exercise are completed, go down the ladder to 9 reps, 8 reps, and back to 1 rep.

COOL DOWN

- Standing Hamstrings and Calves Stretch, 60 seconds
- Glute Stretch, 30 seconds each side
- Square Breathing

JUMPS

Week 4, Day 3 - HIIT

WARM UP

Complete 30 seconds of each of the below, resting for 10 seconds between exercises.

- Jumping Jacks
- Fast Feet
- High knees
- Jog in Place
- Jump Rope

HIIT

Tabatas. Complete each of the below for 20 seconds, using maximum effort. Rest between exercises for 10 seconds.

- Jump Lunge
- Tuck Jump
- Squat Jump
- Mountain Climber
- REPEAT

CHALLENGE

Repeat warm up and HIIT.

COOL DOWN

- Child's Pose, 60 seconds
- Walk outside, or march in place for 3 minutes.

BOKS TIP:

Feeling sore from your workouts? Make sure you always go through the Cool Down and take time to stretch. This will help your muscles recover and can prevent injuries!

WELCOME TO WEEK FIVE

Watch the video below to learn about the skill of the week!

BOKS Summer Bootcamp

**SKILL OVERVIEW:
SIT-UPS**

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Coached by
Reebok HQ Trainer:
Kevin O'Connell

ADDITIONAL WEEK 5 EXERCISES

- **AB BIKES:** On your back, stretch your legs out with hands behind your head and elbows pointing out. Lift your upper body, to one side. At the same time, lift the opposite knee up and in towards your stomach until your knee and opposite elbow nearly touch. Return to start position and switch sides.
- **PLANK JACK:** Hold a plank. Jump your feet out wide, then jump them together, keeping your body in a straight line.
- **X PLANK:** Hold a plank. Keeping your balance, bring one foot towards your stomach and tap it with your opposite hand. Return to plank position and switch sides.

SIT UPS

Week 5, Day 1 - Strength

WARM UP:

- 10 Jumping Jacks
- 20 Jabs (alternating)
- 30 second Plank Hold
- REPEAT 3 times

SKILL: Sit Ups

- Plank - Hold for 10 seconds
- 30 Sit Ups
- Plank - Hold for 15 seconds
- 25 Sit Ups
- Plank - Hold for 20 seconds
- 20 Sit Up
- Plank - Hold for 25 seconds
- 15 Sit Ups
- Plank - Hold for 30 seconds
- 10 Sit Ups
- Plank - Hold for 35 seconds
- 5 Sit Ups
- REPEAT

CHALLENGE

Record how many repetitions you can do of the following before your form falters. Compare results to your Week 2 results.

Push Ups

Mountain Climbers

Squats

Plank (length of time)

COOL DOWN

- Square Breathing

EXPERT TIP FROM KEVIN:
"To live a creative life, we
must lose our fear of being
wrong."
-Anonymous

SIT UPS

Week 5, Day 2 - Cardio

WARM UP

Complete the below for 30 seconds, then REST for 10 seconds.

- Jumping Jacks
- Butt Kicks
- Plank
- REPEAT

CARDIO

- 30 Mountain Climbers
- 10 Sit ups

Rest for 30 seconds

- 15 Sit Ups
- 20 Ab Bikes

Rest for 30 seconds

- 30 Jumping Jacks
- 20 Sit Ups

Rest for 30 seconds

- 15 Sit Ups
- 30 Second Plank

REPEAT

CHALLENGE

Instead of resting, hold a plank instead.

COOL DOWN

- Ab Stretch, 60 seconds
- Standing Hamstrings and Calves Stretch, 60 seconds

BOKS TIP:

Combining cardio and strength training improves all of your muscles, including your heart! Keep the intensity high to feel maximum results.

SIT UPS

Week 5, Day 3 - HIIT

EXPERT TIP FROM KEVIN:

"If you are not willing to risk the usual, you will have to settle for the ordinary." - Jim Rohn

WARM UP

Tabatas. Perform each exercise for 20 seconds, rest for 10 seconds.

- High Knees
- Mountain Climbers
- Jumping Jacks
- Fast Feet
- REPEAT

HIIT

Complete each of the below exercises for 30 seconds. Rest for 30 seconds between exercises.

- Plank Jack
- Sit Ups
- X Plank
- Sit Ups
- Plank
- Sit Ups
- Side Plank
- Sit Ups
- Side Plank
- Sit Ups

CHALLENGE

REPEAT

COOL DOWN

- Child's Pose, 60 seconds
- Ab Stretch, 60 seconds
- Standing Hamstrings and Calves Stretch, 60 seconds

WELCOME TO WEEK SIX

Watch the video below to learn about the skill of the week!

BOKS Summer Bootcamp

**SKILL OVERVIEW:
BURPEES**



Coached by
Reebok HQ Trainer:
Giancarlo Graziani

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ADDITIONAL WEEK 6 EXERCISES

- **POP SQUAT:** Start in a squat stance. Jump out into a squat, then jump to stand tall and bring your feet together. From here, jump into a squat, jump with feet together, and continue to repeat.
- **DROP PUSH UP:** A combination of a push up and a burpee. Stand tall, drop down into a burpee, lower yourself into a push up (on your knees or toes). Jump feet forward to hands and stand.

BURPEES

Week 6, Day 1 - Strength

EXPERT TIP FROM GIANCARLO:

"Today I will do what others won't, so tomorrow I can accomplish what others can't." -

- Jerry Rice

WARM UP

Tabatas. Perform each exercise for 20 seconds, rest for 10 seconds.

- Jumping Jacks
- Jump Squats
- High Knees
- Hamstring Stretch
- REPEAT

SKILL STRENGTH TRAINING

- 10 Squats
- REST
- 10 Pop Squats
- REST
- 5 Burpees
- REST
- REPEAT 3 times

CHALLENGE

Complete 50 Burpees. Rest when necessary, but try to take as few rests as possible!

COOL DOWN

- Child's Pose, 60 seconds
- 3 Deep Breaths, eyes closed
- Standing Hamstrings and Calves Stretch, 60 seconds
- Ab Stretch, 60 seconds

BURPEES

Week 6, Day 2 - Cardio

BOKS TIP:
Motivation will get you started, but dedication will keep you going.

WARM UP

- Standing Hamstring and Calves Stretch for 30 seconds
- 30 Jumping Jacks
- 10 Slow Burpees
- 30 Jumping Jacks

CARDIO

Burpee Ladder

- Perform one Burpee. Either sprint across the room OR do fast feet for 20 seconds in place.
- Once you reach the other side of the room or 20 seconds is up, do one Burpee.
- Continue to repeat this pattern, adding an extra repetition each round. Complete 10 rounds total, with 10 reps of each exercise by the end.

CHALLENGE

Turn the Ladder into a Pyramid. Once 10 rounds and 10 reps per exercise are completed, go down the ladder to 9 reps, 8 reps, and back to 1 rep.

COOL DOWN

- 3 Deep Breaths
- Square Breathing
- Quad Stretch, 30 seconds per side
- Glute Stretch, 30 seconds per side
- Standing Hamstrings and Calves Stretch, 60 seconds

BURPEES

Week 6, Day 3 - HIIT

WARM UP

AMRAP.

Set a timer for 5 minutes. Complete as many rounds of the below as possible.

- 15 Jumping Jacks
- 30 High Knees (15 per side)
- 30 Butt Kicks (15 per side)
- 3 Burpees
- REPEAT

HIIT

Complete each of the below exercises for 30 seconds, resting for 30 seconds in between each exercise.

- Plank
- Drop Push Up
- Burpee
- Jump Squat
- REPEAT 3 times

CHALLENGE

Instead of resting, hold a wall sit.

COOL DOWN

- Child's Pose, 60 seconds
- 10 reps Cat/Cow

BOKS TIP:

Even when you don't want to start, think about how incredible you will feel when it's over. Then start, little by little, and soon enough, you'll be at the end. And you should feel **PROUD.**

1000 REP CHALLENGE

Congratulations, Athlete, for completing the BOKS Summer Bootcamp!

Throughout these 6 weeks you have challenged yourself, improved your fitness, and received coaching from Reebok's Fitness Experts. Now you are prepared to complete the BOKS 1000 Rep Challenge.

CHALLENGE DETAILS:

All exercises in the challenge have been performed throughout the Summer Bootcamp and should be familiar. Complete all exercises and repetitions in one attempt. Take breaks when you need to, but make note of when you start and when you finish the challenge. Remember the tips from the Fitness Experts when you get tired. Keep going!

HOW TO ENTER THE CHALLENGE COMPETITION:

See link for full contest details

Take a sweaty selfie during or after you complete the challenge. Post your selfie AND how long it took you to complete the challenge to Instagram and tag @BOKSKids using the hashtag #ConquerTheComeback. If you don't use Instagram, email your selfie and timing to shea.pease@bokskids.org.

THE PRIZE:

One winner will be randomly selected from the entries and will receive:
\$100 Reebok gift card

A personalized video of congratulations from at least one Fitness Expert

CHALLENGE

COMPLETE TWICE FOR 1000 REPS

Jumping Jacks	50
Butt Kicks	30 (15 per side)
Jump Squats	15
Lunges	20 (10 per side)
Plank	45 seconds
High Knees	40 (20 per side)
Jump Rope	50
Sumo Squats	15
Tuck Jumps	10
Mountain Climbers	30 (15 per side)
Sit Ups	20
Plank	40 seconds
Drop Push Up	10
Squats	15
Fast Feet	30 seconds
Ab Bikes	30 (15 per side)
X Plank	20 (10 per side)
Burpees	10
Push Ups	10
Jump Lunges	10 (5 per side)

bOKS

WELL DONE, ATHLETE!

You have completed the BOKS Summer Bootcamp! We hope you feel proud and strong. You are truly a BOKS Athlete.

Make sure to follow BOKS for more free resources and activities.

