



Group Exercise Fitness Assessments

	W1	W2	W3	W4
MONDAY				
6am Bootcamp & Strength				
9:30am Bootcamp & Core				
6:30pm Bootcamp Blast				
7:30pm Kickboxing				
TUESDAY				
6:30pm Bootcamp & Upper Body Strength				
WEDNESDAY				
6am Bootcamp & Boxing				
9:30am Bootcamp & Core				
6:30pm Bootcamp & Core				
7:30pm Kickboxing				
THURSDAY				
6:30pm Bootcamp/Metafit & Lower Body Strength				
FRIDAY				
6am Bootcamp & Core				
SATURDAY				
7am Bootcamp & Strength				

Weekly Fitness Assessments

- **MONDAY:**

Bootcampers: 5 Burpees, 10 Squat Thrusts, 15 Mountain Climbers & 20 Star Jumps
(As many rounds as possible in 5mins)

Clients with Shoulder Problems:

5 Squat Jumps, 10 Lunge Jumps, 15 High Knees & 20 Star Jumps
(As many rounds as possible in 5mins)

Kickboxers: 10 Uppercuts, 10 Straights, 10 Up Highs, 1 lap
20 of each but still 1 lap
(Punches go up by 10's & do as many as possible in 3 mins)

- **TUESDAY:** Squat Hold
(Until failure, allow for no more than 3 mins)

- **WEDNESDAY:** Plank
(Until failure, allow for no more than 3 mins)

Shoulder Problems:

V-Sit

(Until failure, allow for no more than 3 mins)

Kickboxers: 2 Right & Left Knees & 2 Right & Left Kicks & 20 Uppercuts
4 of each Knees and Kicks and still 20 Uppercuts
(Knees and Kicks go up by 2's & as many rounds as possible in 3 mins)

- **THURSDAY:** Push-Ups
(As many as possible in 3 mins)

Shoulder Problems:

Band Rows

(As many as possible in 3 mins)

- **FRIDAY:** 5 Crunches, 5 Leg Raises 5 Ankle Taps & 5 Toe Touches
(Keep going up by 5's for 3 mins)

- **SATURDAY:** 1 Lap, 10 Slams, 20 Step ups, 30 Skips
(As many rounds as possible in 3 mins)