

Decathlon

	Drill	Reps/Distance		
		Lvl 1	2	3
1	Car Tyres	5	8	10
2	Truck Tyre Rock	30 ea.	40 ea.	50 ea.
3	Commando Pushups	30	40	50
4	Band Upright Row	40	50	60
5	Super Girls	20 ea.	25 ea.	30 ea.
6	Band Bicep Curl	40	50	60
7	Sumo Walk	Green	Yellow	Red
8	Lunge Walk	Green	Yellow	Red
9	Rope Drag x2	Green	Yellow	Red
10	Run	1500m		

All workouts on BootcampIdeas.com are to be scaled or modified to the abilities and limitations of your clients, restrictions and constraints of the location, climate and environmental conditions. Group and Personal trainers who decide to use these programs accept all risks to themselves and their clients and waive any liability from BootcampIdeas.com