



Summer 2010 Boot Camp Training Schedule – Updated July 13, 2010

| MON | TUE | WED | THU | FRI | SAT | SUN |
|------------------------------|-----------------------------|------------------------------|-----------------------------|------------------------------|-----------------------------|-----|
| | 6:00 AM MBS Workout B | | 6:00 AM MBS Workout A | | | |
| | | | | | 8:15 AM MBS Workout C | |
| 10:15 AM MBS Workout A | | 10:15 AM MBS Workout B | | 10:15 AM MBS Workout A | | |
| 4:15PM MBS Workout A | 4:15 PM MBS Workout B | 4:15 PM MBS Workout B | 4:15 PM MBS Workout A | | | |
| | 7:00 PM MBS Workout B | 7:00 PM MBS Workout A | | | | |

Workout A – Focus on Glutes/Hamstrings, Abs, Triceps/Shoulders

Workout B – Focus on Quads/Thighs, Oblique Abs, Back

Workout C – Total Body Conditioning w/ Experimental Structure & Exercises