

# 2020 CPTN Conference

## Body Weight Bootcamp

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The goal of Body Weight Bootcamp is, of course, to demonstrate various formats of bootcamp drills that use body weight only and no equipment.

Equally as important in this workshop, is the demonstration of modifications to ensure an inclusive experience.

All exercises can be plugged in as a group format, or pulled out as individual exercises, with modifications, for one on one clients.

Below is space for you to record any takeaways/notes that you feel will be useful for you and your classes/clients.

### Workshop Sections:

Video 1/Warm-up:

### Video 2/Bootcamp format:

Drill, set 1: Upper Body:

Lower Body:

Heart Rate:

Drill, set 2: Upper Body:

Lower Body:

Heart Rate:

Drill, set 3: Upper Body:

Lower Body:

Heart Rate:

### Video 3/Tabata Format:

Tabata 1:

Tabata 2:

Tabata 3:

Video 4/Core Exercises:

Video 4/Partner Ideas:

Thank you! Questions?

Let's connect!

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