

Proven, specialized workouts for the Bride-to-Be!

Doug Rice's
Bridalicious
BOOT CAMP

GETTING STARTED GUIDE

YOUR DVD
WORKOUTS!



BRIDALBODYCLUB.COM



Workout
Guide
PART 1

WORKOUT FAQ'S

How many days a week do I need to workout on the Bridalicious® Boot Camp program?

Bridalicious Boot Camp was started in 2005 and has always been only three workouts per week. You can do more if you choose to, but three workouts per week works great!

I am way out of shape, am I really going to be able to do these workouts?

Most of the ladies who have participated in the Bridalicious workouts have started out at a “beginner” fitness level. If you consider yourself out of shape, you can absolutely do the workouts as long as you take precautions and pace yourself. This is especially true during the Bridal Blast! intervals.

Work your way up to a better and better fitness and conditioning level and you will get more and more from each workout. After the first few weeks you will be able to increase the intensity and exercise at a more advanced level and at a higher tempo.

I am confused, do I do all the exercises in a row or what is the proper way to go through the whole workout correctly?

Each workout from the corresponding DVD disc is listed on the charts in this booklet and described in the pages immediately following each chart.

Perform one set of each of the five exercises on the chart in a “circuit training” mode. This means minimal rest between each exercise.

When you reach the Bridal Blast interval, you will greatly increase your tempo and perform each of the four Bridal Blast intervals for 30-60 seconds per exercise so that the Bridal Blast interval will last for a total of 2-4 minutes.

So, here's the format:

✓ Warm-Up

- Resistance exercise 1
- Resistance exercise 2
- Resistance exercise 3
- Resistance exercise 4
- Resistance exercise 5
- Bridal Blast Interval exercise 1 (30-60 sec)
- Bridal Blast Interval exercise 2 (30-60 sec)
- Bridal Blast Interval exercise 3 (30-60 sec)
- Bridal Blast Interval exercise 4 (30-60 sec)

Rest/Recovery

Repeat all of the above bullet points a total of **2 more times (sets)** for a total of 3 sets.

Once all 3 sets are completed, finish off with the Bridal Trifecta exercises.

- Bridal Trifecta exercise 1
- Bridal Trifecta exercise 2

Repeat the Bridal Trifecta exercises 1 more time (sets) for a total of 2 sets.

✓ Cool Down/Stretching

FINISHED!

Note: You may also choose to use Disc 3 and add on the entire Bridal Trifecta workout or use Disc 3 on a fourth workout day. This is ideal when you want less intensity and have less time available.

FIRST THINGS FIRST: PAR-Q

As excited as you are to get started in creating your bridalicious body, please know that the best results will come by approaching this plan, step-by-step over several months. My workouts are kick-butt, and they have been proven time, and time again, but they are most effective if you do what I say, when I say. Don't think that if you skip forward to the "good stuff" that it will make you lose body fat faster.

For one thing, gradual results tend to be more permanent, potentially locking you into "bridaliciousness" for years to come. For another, the "I want it yesterday" approach can result in an injury that could sideline you for weeks, if not months – and we can't have that, now can we? Imagine sending out a special wedding invitation amendment: "Emily and Patrick have pushed their wedding day back six weeks due to a painful hamstring injury that will take a while to heal..." Those words aren't pretty no matter how scripty the font.

Realize this – **an overwhelming majority of people reading this booklet will need to really take it slowly during the first 2-3 weeks. Pace yourself.** This does not mean that you know nothing about exercise and working out. You're starting a brand new type of training program, and your body and mind will need to adjust in order to reap the benefits.

So, first things first, you have some questions to answer. Check out the Physical Activity Readiness Questionnaire (PAR-Q) on the next

page. The completion of this PAR-Q is a sensible first step to take if you're planning to increase the amount of physical activity in your life. For most people, responsible physical activity should not pose any problem or hazard. The PAR-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate, or those who should seek medical advice concerning the type of activity most suitable for them.

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE – PAR-Q

Please read each question carefully:

1. Has your doctor ever said you have a heart condition and/or you should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest when you do physical activity?
3. Do you lose your balance because of dizziness or do you ever lose consciousness?
4. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
5. Is your doctor currently prescribing drugs for your blood pressure or a heart condition?
6. Do you know ANY reason why you should not perform physical activity?

If you answered NO to all questions above, it gives a general indication that you may participate in physical and aerobic fitness activities. The fact that you answered NO to the above questions, is no guarantee that you will have a normal response to exercise. If you answered YES to any of the above questions, then you must get permission from a qualified physician before participating in physical training and fitness activities.

USING PROPER EXERCISE FORM

More effective than weights, bands, or balls, your form is an intangible tool that facilitates the most effective, intense workout possible. As much as I would love the opportunity to train you in person, obviously that would be impossible. So let's make sure that you are doing the exercises using the safest, most effective form.

Right now, go to your mirror. It is always a good idea to work out in front of a mirror, if possible, so you can monitor your body's position at all times. Let's practice a basic stance:

Check to see that your feet are pointed straight ahead, about hip-width or shoulder-width apart, with the pointy part of your shoe lined up with your knees.

Stand straight up, and avoid arching your back. Focus on drawing your navel back toward your spine to engage your core muscles, because the core is critical to stabilizing your spine.

Your shoulders should be in a neutral position, meaning they are not lurching forward or leaning backward. A good tip is to shrug your shoulders and lower them down as if you are placing your shoulder blades into your back pockets.

Look straight ahead as if you were holding an orange between your chin and your chest.

In general, this is your stance for almost any standing resistance exercise and many cardio intervals. Please refer to the corresponding

exercise photos to more clearly understand the correct positioning of your body's key checkpoints.

Your DVDs also included a chapter called the "Fit Brides Exercise Guide." Please check it out to see the proper way to perform each exercise.

YOUR BRIDAL BODY BUDDY (B3)

Your Bridal Body Buddy (aka B3) is someone who you know will support you throughout your fitness journey. If your B3 is a workout partner and not just a supporter, plan your workouts with your B3 – and always have a contingency plan in case she/he cannot make it. If your B3 is a supporter, talk about your boot camp plan. Put this person on your faves phone list.. Put her or his name on a sticky note, and put it on the fridge, over top of that pizza delivery magnet. This is your support system.

NEVER FORGET VARIETY

Variety in your workouts will have a significant effect on your results. If you find a favorite workout and choose to repeat that particular regimen, day after day, your results will have a tendency to plateau – your body loses interest. It is necessary to change things up every 4-6 weeks, and continue to put your body and mind through new challenges. Let me repeat it one more time, variety will have a significant impact on your results, so please do not underestimate the importance of this point.

YOUR BRIDALICIOUS® BOOT CAMP KIT

My boot camp uses a few pieces of simple equipment available at just about any major retailer. You can pick these items up while you make a Target run. And don't worry, you aren't going to have to set up a big, crazy obstacle course in your home. My boot camp will require about as much space and storage as a typical step aerobic workout.

You will need:

- 1 set of 5 lb. dumbbells
- 1 set of 8 lb. dumbbells (optional)
- Exercise mat or yoga mat
- Heart rate monitor (optional)

THE EXERCISES

As you maniacally skim these pages for a concrete idea of what you're about to get into, I know you're looking for a differentiator – the reason my boot camp is so unique and effective compared to, say, that lonely, dusty step aerobic DVD you have shoved in the back of your media cabinet. I know you're trying to find my magic Beverly Hills Butt Reducer.

Alright. I've devised, especially for you, a combination of familiar, efficient activities that burn calories at a high rate while targeting the Bridal Trifecta. In other words, if you stick to this program, you're going to burn lots of fat, feel totally smokin', and you'll laugh in the face of strapless.

The workouts provided in this book are strategically planned, challenging, and results-oriented. These are the same workouts that I've used with my boot camp brides throughout Southern California and in the Dallas-Ft. Worth area, not to mention via my DVD's and online training advice all over the world.

THE BRIDAL BLAST!

The key components are multi-joint, complex movements done in circuit training mode, combined with interval training. Or in good ol' plainspoken English, combination exercises that work more than one muscle group at a time, along with short bursts of cardio for maximum calorie-burning. These short bursts of cardio are known as intervals, and will become more and more intense as you progress through the workout program. You will see these high intensity intervals in *Bridalicious Boot Camp!* identified as the "Bridal Blast!"

Yep, because "blast" is what they do -- they blast away calories and are one of the biggest keys to becoming slim, sexy, toned, and "bridalicious!"

Rate of Perceived Exertion (RPE)

As you go through the workouts, you will notice the initials “RPE” followed by a number. This is your Rate of Perceived Exertion, which helps give you an idea of the intensity level suggested. Depending upon what fitness level you are exercising at — Beginner, Intermediate, or Advanced — your RPE is important to understand and be aware of before and during the **Bridal Blast! interval** portion of your workouts.

RPE Level		Description
1	Very Easy	Everyday activity. Normal conversation is possible.
2-3	Easy	You can still have a conversation with a touch of added effort.
4-5	Relatively Easy	It is becoming more difficult to speak normally.
6	Moderately Difficult	Having a conversation is rather challenging.
7	Difficult	Conversation is interrupted by deep breathing.
8-9	Very Difficult	A great deal of effort is needed to speak.
10	Maxed Out	You cannot talk at all due to the exertion.

Just a word of caution — I know you are ready to burn some serious calories and see the pounds start to melt away, but starting too aggressively can be dangerous and irresponsible. During your first two weeks, your body and mind are adjusting to the new workouts, and your RPE will likely not exceed 4. Part of a successful bridalicious journey is your patience and ability to work out *smart*. Don't worry, if you have your awesome attitude in order, and your goals are clearly defined, you will get there soon enough.

THE WORKOUTS

Rest and Recovery Time

Bridalicious workouts can be done in about 45-60 minutes. Perform these workouts **3 days per week**, making sure to **skip a day in between** to ensure proper muscle rest and recovery, because all the workouts in the programs are **total body workouts**. It is way, way, way important to take at least one day off to let your muscles do that recovery thing.

On rest days, miscellaneous physical activity, cardio-only training, or recreational sports participation are encouraged.

Technique

Bridalicious workouts cover the entire body. These exercises should be done in a “circuit training” mode, meaning one exercise immediately followed by the next one in progression until a recovery/water break. Each exercise is accompanied by a demonstration photo.

STAY WITH THE PLAN

If you think that on your days for rest and recovery you are earning “extra credit” by doing a couple of sets of dips on the credenza at work, please think again. A major part of any workout program is muscle recovery. It might make you feel like you are going the extra mile, but in actuality, it is not a wise choice.

Precautions for Safe Interval Training

- Warm-Up before starting intervals
- Assess current conditioning and set training goals that are within your ability
- Start slowly, (for example: walk 2 minutes/ run 2 minutes). In general, longer intervals provide better results
- Keep a steady, but challenging pace throughout the Bridal Blast intervals
- Build the number of repetitions over time
- To improve, increase intensity or duration, but not both at the same time
- Make any changes slowly over a period of time
- Train on a smooth, flat surface to ensure even effort

NOW, WE'RE READY TO DO SOME "SWEATING FOR THE WEDDING"...

Sound the trumpets, blare the sirens, or play the 20th Century Fox movie intro jingle (or just open your eyes wide and grin a bit) because, without further adieu, here comes your first Bridalicious Boot Camp workout...

Warm It Up, Cool It Down

Always, always, always take five to seven minutes to warm-up before beginning the main part of your workout, and five to seven minutes to cool down and stretch at the end. There are many ways to warm-up, and I have outlined the warm-up that I use most of the time at boot camp. If you prefer a brisk walk or moderate jog in your neighborhood, or if you work out at the gym and want to do five to seven minutes on the treadmill, stair stepper, or other cardio equipment, go for it. Avoid stretching **before** you warm-up to prevent muscle injury.

Bridalicious Workout Tips

- ✓ Go through each exercise using the "circuit training" method. This means one exercise followed by the next on listed (with minimal rest in between).
- ✓ Depending upon your current fitness level, only do **1-2 sets** per exercise instead of 3 during your **first two weeks** of workouts.
- ✓ You will do all 5 different resistance training exercises listed, then immediately start into the Bridal Blast interval.
- ✓ After completing all 3 sets listed in the "main" workout chart (including the Bridal Blast) finish off your workout with the Bridal Trifecta. (Think of the Bridal Trifecta as the "polishing" stage of your routine).

Bridalicious Boot Camp Warm-Up

Perform each of the following warm-up activities for 30-60 seconds. Your warm-up should last about 5-7 minutes.

Warm-Up Activity	Duration
Marching in Place	30-60 seconds
Jumping Jacks	30-60 seconds
Steam Engines	30-60 seconds
Step with Punch	30-60 seconds
Ankle Bounces	30-60 seconds
Running in Place	30-60 seconds

Marching in Place (High Knees)

1. Stand with feet shoulder width apart.
2. Drive knee up towards chest and place foot back on the ground.
Drive other knee up and place back on the ground creating a “marching” motion.
3. Move arms in similar style simultaneously.
4. Repeat in a moderate tempo with minimal ground contact time.

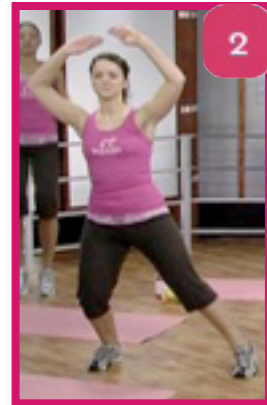


Bridalicious Boot Camp Warm-Up

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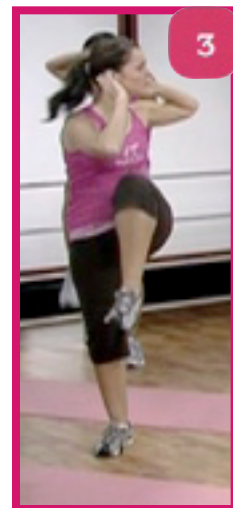
Jumping Jacks

1. Start with your legs side by side and your arms by your side.
2. In one motion, jump and spread your legs out to the side while your arms raise out and up over your head.
3. Land in this position and then return to the starting position and repeat.



Steam Engines

1. Start with your legs side by side and your hands behind your head with elbows opened wide.
2. Raise your knee up while rotating your elbow toward the opposite knee and rotating your torso.
3. Keep your chest high and maintain good posture. Do not lean forward or slump your shoulders.

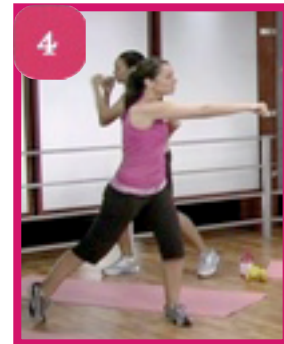


Bridalicious Boot Camp Warm-Up

Perform each of the following warm-up activities for 30-45 seconds. Your warm-up should last about 5-7 minutes.

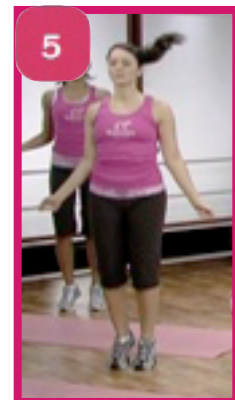
Step with punch

1. Start by standing with feet shoulder width apart.
2. Proceed to step out laterally and bend your knee into a slightly lunged position. While bending, punch with arm on the same side as the laterally extended leg.
3. Return to the starting position and repeat for the desired repetitions.
4. Repeat with the other leg.



Ankle Bounces

1. Stand with feet close together and knees slightly bent. Arms should be at sides and bent up to 90°.
2. Hop continuously on both feet using only the ankles to project body up.
3. Remember to extend the ankles to their maximum range on each hop to ensure proper mechanics. It is similar to jumping rope with an “invisible” jump rope.



Running In Place

1. Stand with feet shoulder width apart.
2. Move legs in a running motion by alternating the lifting up of the knees alternately at a moderate tempo while staying in the same location on floor.
3. Swing arms in a chugging motion, forward and backward as you run in place.




All workout routines in this book are to be completed in a **circuit training method**, with 15-20 seconds rest/recovery in between each exercise.

<i>The Essentials</i> Upper Body	Reps	Sets
Push-Ups	20-25	3*
Static Row	20-25	3*
Rotational Shoulder Press	20-25	3*
Crunch Fly	20-25	3*
1-Arm Row	20-25	3*
Bridal Blast! Interval High Knee Run in Place Jumping Jacks Mountain Climbers Burpees + Jumping Jacks	2-4 min.	3**
Recovery/Water	1-2 min.	

**Perform one set of all five resistance exercises above in a circuit training method followed by one round of the Bridal Blast exercises listed. Repeat all exercises for a total of 3 sets.*

The “Bridal Trifecta” exercises should be performed after all three sets of the “main” part of the workout have been completed.



	Reps	Sets
Triceps Kickbacks	25-30	1-2
Biceps Curls (slow tempo)	25-30	1-2



****During the first 2 weeks of your boot camp workouts, it is important to perform Bridal Blast intervals at a low to moderate intensity (RPE level 3-4). After the first 2 weeks, you may perform intervals at an RPE of 4-6 and eventually work your fitness level up to an RPE of 8-9.**

During the first two weeks, only 2 sets per workout is recommended.

End all workouts with the cool down/stretching routine section in this chapter.

The Essentials - Upper Body

PUSH-UP

Push-up

1. Position your hands and the balls of feet on the mat shoulder width apart with legs straight.*
2. Brace your abs by drawing your navel back toward your spine and your neck in a neutral position.
3. Slowly lower your body by bending the arms until your chest is only 3-4 inches from the mat.
4. Push the body back up to your starting position and repeat for the proper number of repetitions.

*If you are unable to perform a standard push-up then you should instead opt for **modified push-ups** by placing your knees on the mat as pictured below.



MODIFIED PUSH-UP

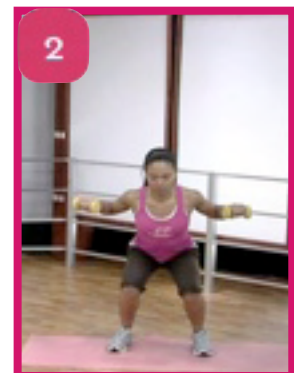


(optional version if you are unable to perform a standard push-up)

Static Row

1. Stand on the mat with your feet shoulder width apart while holding the dumbbells in front of your legs at a downward angle.
2. Sit back like you are sitting into a chair and hold the squatting position throughout the exercise.
3. Pull the dumbbells back toward your body in a rowing motion.
4. Squeeze the shoulder blades together as if you are attempting to crack a walnut in between them.
5. Bring hands forward to the starting position and repeat for the proper number of repetitions.

STATIC ROW



The Essentials - Upper Body

ROTATIONAL SHOULDER PRESS



Rotational Shoulder Press

1. Stand with feet about hip width apart.
2. Raise dumbbells with elbows at chest level. Palms will be facing toward your face and elbows will each form a 90° angle.
3. Rotate arms externally so that palms are now facing out.
4. Press dumbbells above head.
5. Lower dumbbells back to Position 2, followed by Position 1.
6. Repeat for desired repetitions while never allowing elbows to drop below a level that is parallel to the floor.

CRUNCH FLY



Crunch Fly

1. Position your body with your back on the mat, knees bent, feet flat and arms opened up wide with a very small bend in the elbow.
2. While raising your torso from the mat and performing an abdominal crunch, simultaneously lift your arms in front of your chest while keeping your elbows in the same bent position the entire time. It is as if there is a barrel on your chest and you are “hugging the barrel” while squeezing the muscles in the chest.
3. Repeat for the proper number of repetitions.

The Essentials - Upper Body

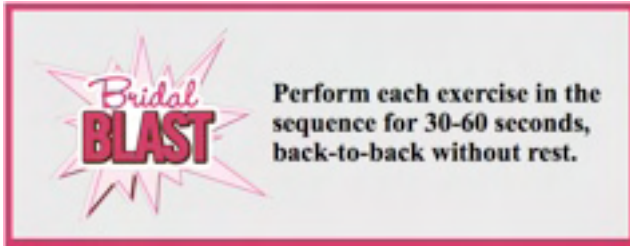
1-ARM ROW

1-Arm Row

1. Stand in a staggered stance with the right foot forward and holding the dumbbell in the left hand at an angle in front of you with the other hand on your hip.
2. Brace the abs by drawing your navel back toward the spine.
3. Pull the dumbbell back in a rowing motion while squeezing the muscles in the rear part of your shoulder.
4. Repeat for the proper number of repetitions and then switch everything around to work the opposite side.

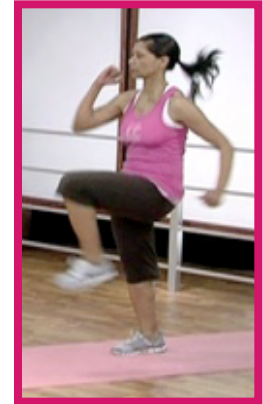


The Essentials - Upper Body



High Knees Run-In-Place

1. Stand in place with feet hip width apart.
2. Drive knee up towards chest and quickly place the foot back on the ground.
3. Drive other knee up in a high tempo jog with minimal ground contact time.



JUMPING JACKS

Jumping Jacks

1. Start with your legs side by side and your arms by your side.
2. In one motion, jump slightly and spread your legs out to the side while your arms raise out and up, over your head.
3. Land in this position, and then return to the starting position and repeat.



MOUNTAIN CLIMBERS

Mountain Climbers

1. Position your hands and feet on the floor in a prone "pushup" position.
2. Keeping your body parallel to ground drive your knees up towards your chest rapidly, alternating back and forth, making sure to keep your core muscles contracted (drawn navel back toward your spine).
3. Repeat this movement for the required number of repetitions.



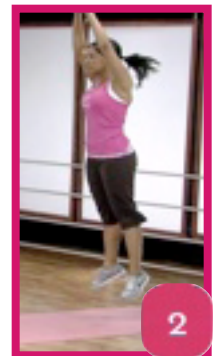
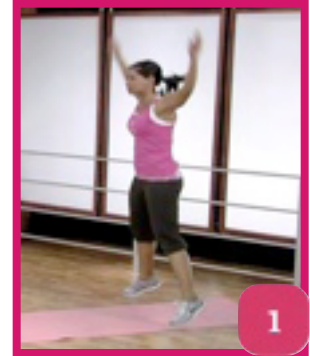
The Essentials - Upper Body



BURPEES + JUMPING JACKS

Burpees with Jumping Jacks

1. Start by completing two jumping jacks.
2. Jump up vertically and drive arms up and extended above your head.
3. Land on both feet while going downward into a squatting position.
4. Place your hands on the floor in front of you and thrust your feet back so that you end up in a starting position as if you are about to do a push-up.
5. Without pausing, bring knees in toward your chest and jump back up high again, as fast as possible and repeat.
6. This should be a continuous series of fluid motions until completed.



The Essentials - Upper Body



Triceps Kickbacks

1. Start by standing with your feet in a wide, staggered stance, holding one dumbbell at your side with your arm bent to 90°.
2. Keep your elbow in close to your body and extend your arm back while squeezing the muscles in the back of your arm.
3. Return to starting position and repeat for the proper number of repetitions before alternating to the opposite side.

TRICEPS KICKBACKS



BICEPS CURLS

Slow Tempo Biceps Curls

1. Start by standing with feet shoulder width apart and holding the dumbbells by your sides.
2. Curl the weights until your hands are at shoulder height.
3. **Very slowly** lower the weights to the starting position by taking a **5-count** to reach the bottom (count off "5-4-3-2-1" as you lower them).
4. When you return to the starting position, use quick, powerful motion to curl up again to shoulder height and repeat for the proper number of repetitions.

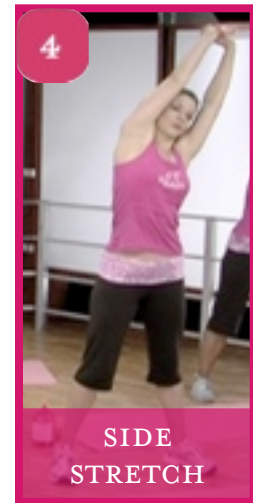
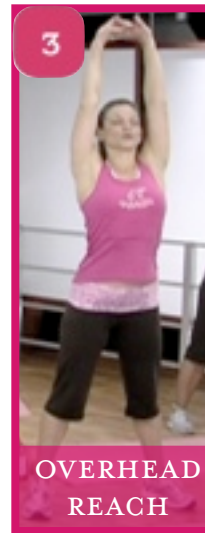


Bridalicious Boot Camp Cool Down, Stretching

Cool Down Activity	Duration
Relax, deep breathing	5 deep breaths, breathing in through the nose and out through the mouth
Shoulder stretch	20-30 seconds on each side
Overhead reach stretch	20-30 seconds
Side stretch	20-30 seconds on each side
Rear reach chest stretch	20-30 seconds
Hamstring stretch	20-30 seconds on each side
Quad stretch	20-30 seconds on each side
Hip Stretch	20-30 seconds on each side
Shoulder dip and rotation	20-30 seconds on each side
Relax, deep breathing	Close your eyes and envision your bridalicious body on your wedding day

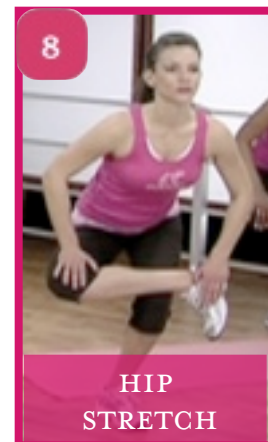
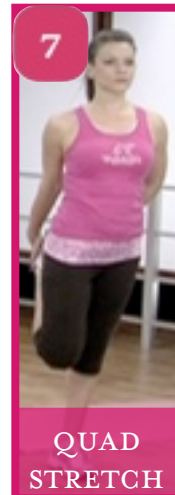
Relax your mind and body, and make sure to hold each stretch for the recommended duration. If you have some favorite stretches that are not listed on the chart, feel free to add them, or substitute in to your routine. Just make sure you are stretching all the major areas of the body.

Bridalicious Stretching, Cool Down



*stretch one side,
then the other*

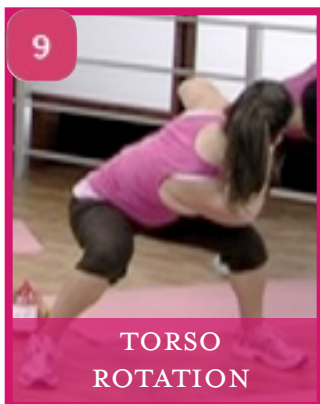
*stretch one side,
then the other*



*stretch one side,
then the other*

*stretch one side,
then the other*

*stretch one side,
then the other*



*stretch one side,
then the other*




All workout routines in this book are to be completed in a **circuit training method**, with 15-20 seconds rest/recovery in between each exercise.

<i>The Essentials</i> Core	Reps	Sets
Body Plank	Hold 15-30 sec.	3*
Seated Rotations	20	3*
Reverse Crunch with Hip Lift	20-25	3*
Inchworm	15	3*
Bicycle Crunch	20-25	3*
Bridal Blast! Interval Shuffle Cross Punch + Squat Chop Feet Squat Thrusts Boxing Burpees	2-4 min.	3**
Recovery/Water	1-2 min.	

**Perform one set of all five resistance exercises above in a circuit training method followed by one round of the Bridal Blast exercises listed. Repeat all exercises for a total of 3 sets.*

The “Bridal Trifecta” exercises should be performed after all three sets of the “main” part of the workout have been completed.

	Reps	Sets
Triceps Extensions	25-30	1-2
1-Arm Row	25-30	1-2



****During the first 2 weeks of your boot camp workouts, it is important to perform Bridal Blast intervals at a low to moderate intensity (RPE level 3-4). After the first 2 weeks, you may perform intervals at an RPE of 4-6 and eventually work your fitness level up to an RPE of 8-9.**

During the first two weeks, only 2 sets per workout is recommended.

End all workouts with the cool down/stretching routine section in this chapter.

The Essentials - Core

Body Plank*

1. Start by lying face down on the ground. Place your elbows and forearms on the floor, (elbows underneath shoulders)
2. Prop yourself up to form a bridge using your toes and forearms/elbows.
3. Maintain a flat back and do not allow your hips to sag towards the ground.
4. Hold for the required time limit while squeezing the muscles in your butt and thighs.

*If you are unable to perform a standard body plank then you should instead opt for **modified body plank** by placing your knees on the mat as pictured.

Seated Rotations*

1. Start by sitting on mat in a leaned back position with heels 3-4 inches off of mat with your abs braced.
2. Holding a dumbbell with arms extended in front of your chest, rotate your torso from side to side while slightly lowering the dumbbell toward the mat.
3. Rotate torso from side to side at a moderately rapid tempo for the proper number of repetitions.

*If you are unable to perform a seated rotation with your heels off the mat, then you should instead opt for a **standard version** by placing your heels on the mat as pictured.

BODY PLANK



1

MODIFIED BODY PLANK



2

SEATED ROTATIONS



1

*(seated rotation, heels **off** mat)*



*(seated rotation, heels **on** mat)*

2

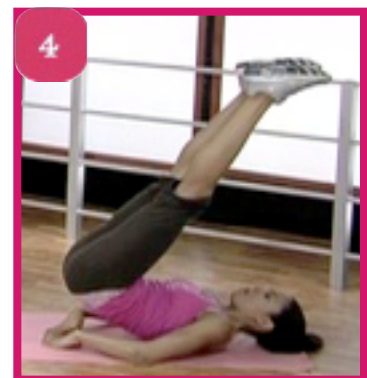


The Essentials - Core

REVERSE CRUNCH WITH HIP LIFT

Reverse Crunch with Hip Lift

1. Position your back on the mat with your arms flat by your sides and hands underneath lower back.
2. Lift your legs up off the ground and bring your knees in toward your chest.
3. Your range of motion should be far enough so that your hips curl back towards your shoulders as well.
4. Extend your legs straight up and lift hips off of mat while squeezing the abs and exhaling.
5. Slowly lower hips back down to mat and return to the starting position and repeat for the desired repetitions.

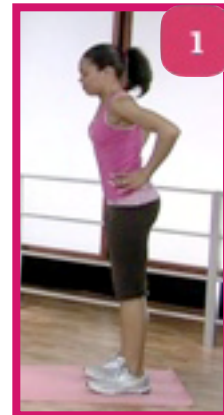


The Essentials - Core

INCHWORM

Inchworm

1. Start with hand on hips, then reach down in front of your feet and place your palms on the mat.
2. While keeping your legs straight, walk your hands forward until you are in a standard pushup position.
3. Return to starting position by walking palms backward and lifting hips up.
4. Stand straight up and place hands on hips to complete each repetition.
5. Repeat for proper number of repetitions.



The Essentials - Core

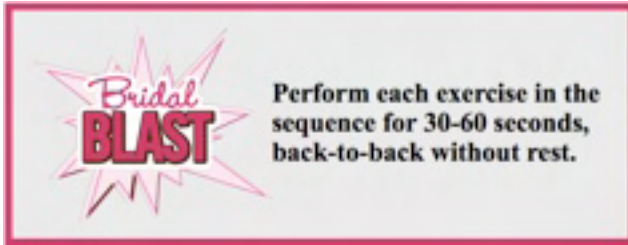
Bicycle Crunch

1. Start with your back on the mat, hands behind your head and elbows opened wide.
2. Brace your abs and lift your shoulders and head off the mat and torso forward while bringing your elbow toward the opposite knee. Knees should be moving in and out in a “bicycle pedaling” type motion.
3. Repeat for the proper number of repetitions.

BICYCLE CRUNCH



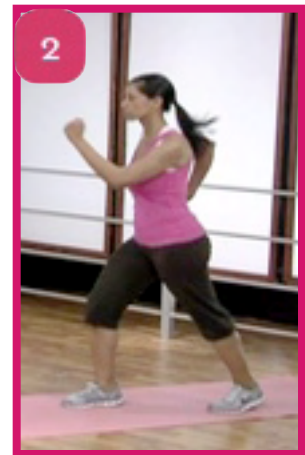
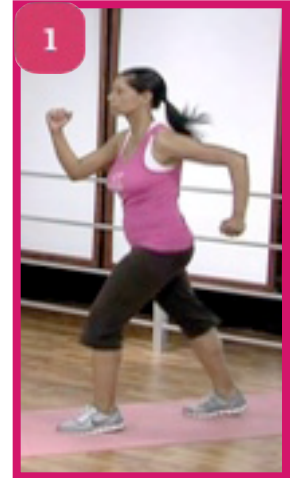
The Essentials - Core



Shuffle

1. Start with your legs side by side and your arms by your side.
2. In one motion, jump slightly and separate your legs into a staggered stance with one in front of the other.
3. Land in this position, and then return to the starting position and repeat creating a shuffling motion.

SHUFFLE



The Essentials - Core



CROSS PUNCH SQUATS

Cross Punch Squats

1. Start by standing with your arms in front of you in the “ready” position as pictured.
2. Move your lower body into a squatting position.
3. As you return to your standing position, extend one arm across your body in a punching motion as you rotate your torso in the same direction while pivoting on your back foot.
4. Immediately, squat again, this time extending the other arm across your body as you stand and pivot.
5. Repeat the up and down and punching motion while alternating sides on each repetition.



The Essentials - Core

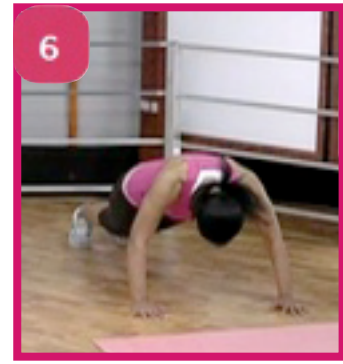


CHOP FEET SQUAT THRUST

Chop Feet Squat Thrusts

1. Start by standing on the balls of your feet with feet shoulder width apart.
2. “Chop” your feet up and down with short strikes.
3. After about 3-5 seconds of “chopping”, drop to your hands and thrust your feet behind you until your body reaches a standard “push-up” position.
4. Keeping your body parallel to ground, drive both knees powerfully in toward your chest and immediately jump back up to your chopping motion.
5. Repeat the above steps with power and speed for the required number of seconds.
6. Body must remain in a straight line with navel drawn in toward spine to minimize “up and down” hip movement.





Boxing Burpees

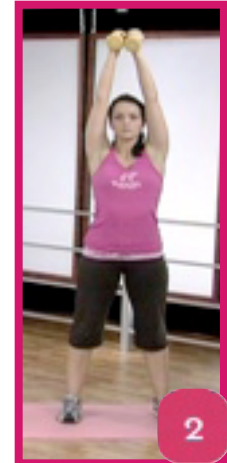
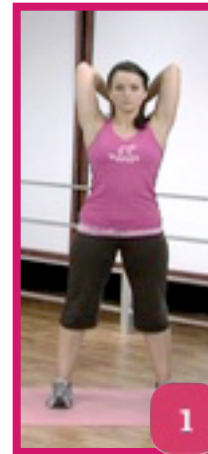
1. Start by performing a forward punching “jab” by extending your left arm forward in a striking motion. Immediately follow the straight forward jab, with a “cross punch” by extending your right arm across your body and rotating your torso.
2. After completing both the jab and the cross punches, jump up vertically and drive arms up above your head.
3. Land on both feet, place your hands on the floor in front of you while going downward and immediately thrust your feet behind you until you reach a standard push-up position.
4. Bring knees in toward your chest and jump back up high again, as fast as possible and repeat.
5. This should be a continuous series of fluid motions until completed.

The Essentials - Core



Triceps Extension

1. Stand with feet hip width apart and hold dumbbells together and lower them behind your head with your elbows facing forward.
2. Extend your arms so that the weights are directly above your head.
3. Squeeze the muscles in the back of your arms.
4. Lower weights behind the head and repeat for the proper number of repetitions.



1-Arm Row

1. Stand in a staggered stance with the right foot forward and holding the dumbbell in the left hand at an angle in front of you with the other hand on your hip.
2. Brace the abs by drawing your navel back toward the spine.
3. Pull the dumbbell back in a rowing motion while squeezing the muscles in the rear part of your shoulder.
4. Repeat for the proper number of repetitions and then switch everything around to work the opposite side.

1-ARM ROW




All workout routines in this book are to be completed in a **circuit training method**, with 15-20 seconds rest/recovery in between each exercise.

<i>The Essentials</i> Lower Body	Reps	Sets
Prisoner Squat	25	3*
Crane Lunge	15	3*
Lateral Lunge	15	3*
Booty Blasters	25	3*
Donkey Kicks	25	3*
Bridal Blast! Interval 4-square jumps Chop feet + squat thrust Squat jumps Burpees	2-4 min.	3*
Recovery/Water	90-120 seconds	

**Perform one set of all five resistance exercises above in a circuit training method followed by one round of the Bridal Blast exercises listed. Repeat all exercises for a total of 3 sets.*

The “Bridal Trifecta” exercises should be performed after all three sets of the “main” part of the workout have been completed.

	Reps	Sets
Rotational Shoulder Press	25-30	1-2
Reverse Fly	25-30	1-2



****During the first 2 weeks of your boot camp workouts, it is important to perform Bridal Blast intervals at a low to moderate intensity (RPE level 3-4). After the first 2 weeks, you may perform intervals at an RPE of 4-6 and eventually work your fitness level up to an RPE of 8-9.**

During the first two weeks, only 2 sets per workout is recommended.

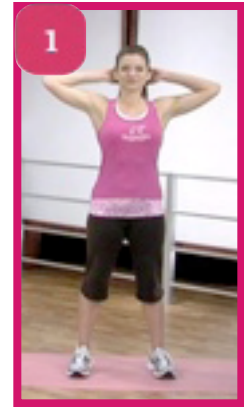
End all workouts with the cool down/stretching routine section in this chapter.

The Essentials - Lower Body

PRISONER SQUAT

Prisoner Squat

1. Start with your feet about shoulder width apart.
2. Place hands behind head, but do not interlace the fingers. Pull elbows back, and pinch shoulder blades together.
3. Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly during movement. Be sure to “sit back” like you are sitting in a chair. The knees should stay in line with the pointy part of your shoes.
4. Once thighs are parallel to floor, return to start position. Remember to keep head and back in a neutral position - hyperextension or flexion may cause injury. Keep weight over the middle of foot and heel, not the toes.
Do not allow knees to go past the big toe or deviate outwardly or inwardly throughout movement. Keep core tight throughout exercise by drawing navel in toward spine.



Alternating Crane Lunge

1. Lift up one leg by bringing knee up high and toward chest while turning the toes upward (so you are standing like a crane).
2. Slowly lower the craning leg, and without touching the floor extend the leg behind you forming a reverse lunge.
3. Repeat for the recommended repetitions on the same leg before switching (alternating legs is an optional variation).

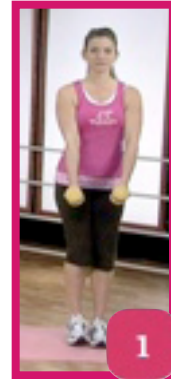


The Essentials - Lower Body

Lateral Lunge

1. Stand with feet together and dumbbells in front of your thighs.
2. Step your leg out to the side while keeping your knee in line with the pointy part of your shoe.
3. Make sure to keep the non-lunging leg straight.
4. Keep your chest high and your shoulders neutral (do not slump forward or round the shoulders)
5. Repeat for the recommended repetitions on the same leg before switch (alternating legs is an optional variation).

LATERAL LUNGE



BOOTY BLASTERS

Booty Blasters

1. Lay flat on your back and bend the knees while keeping your feet flat on the mat with your knees hip width apart.
2. Place your hands on your chest and lift your hips off the mat and squeeze the glutes together for about three seconds.
3. Lower the hips to the mat and repeat.
4. **Do not** hyper-extend by lifting your hips too far which will cause an “arc” in your back.
5. Repeat for the recommended repetitions holding each repetition for about three seconds.



The Essentials - Lower Body

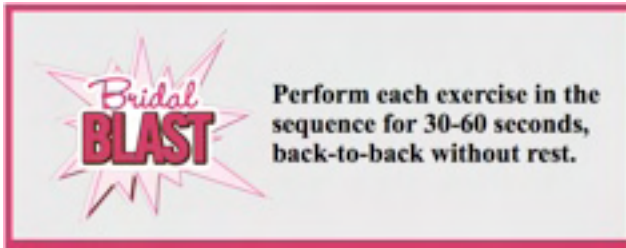
DONKEY KICKS

Donkey Kicks

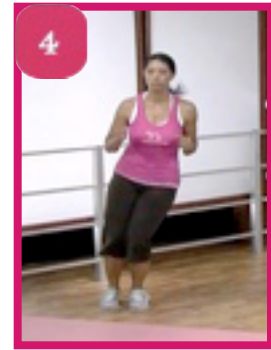
1. Start by getting on your hands and knees with your wrists lined up underneath your shoulders and your knees underneath your hips. Knees and hands are hip to shoulder width apart.
2. Brace the abs by drawing the navel back toward the spine.
3. Bend your leg and push the heel up toward the ceiling while squeezing the glutes for about three seconds.
4. Alternate legs and repeat for the proper number of repetitions.



The Essentials - Lower Body



4-SQUARE JUMPS



Four Square Jumps

1. Start by imagining 4 equal sized “squares” on the ground in front of you similar to *Figure 1-1* to the right.
2. Stand “inside” one of the four squares, draw your navel in toward your spine and proceed by jumping into each square in a clockwise pattern while keeping your body facing in the same direction throughout the exercise. About halfway through the jumps, reverse your direction and continue jumping counter-clockwise.
3. Make sure to keep your knees “soft” by slightly bending the knee joint upon each landing to minimize the impact.
4. Do not “double hop” upon each landing. You should land both feet simultaneously.
5. As your fitness level advances, you can continue to challenge yourself more by increasing the speed of your jumping without losing your form.



Figure 1-1

The Essentials - Lower Body



CHOP FEET SQUAT THRUST

Chop Feet Squat Thrusts

1. Start by standing on the balls of your feet with feet shoulder width apart.
2. “Chop” your feet up and down with short strikes.
3. After about 3-5 seconds of “chopping”, drop to your hands and thrust your feet behind you until your body reaches a standard “push-up” position.
4. Keeping your body parallel to ground, drive both knees powerfully in toward your chest and immediately jump back up to your chopping motion.
5. Repeat the above steps with power and speed for the required number of seconds.
6. Body must remain in a straight line with navel drawn in toward spine to minimize “up and down” hip movement.





Squat Jump - front view

Squat Jump - side view

Squat Jumps

1. Stand with feet shoulder-width apart, trunk flexed forward slightly with your back in a neutral position.
2. Lower body where thighs are parallel to ground.
3. Explode vertically by jumping up in the air while driving arms up. Land on balls of your feet and bend knees deeply immediately upon your feet hitting the floor.
4. Do not lurch trunk forward upon landing or injury can occur. Instead, keep chest up, and shoulders neutral when feet hit in landing position.

If you have a history of knee, hip, or back problems, do not attempt this advanced level exercise. Instead, you may substitute your choice of a previously described Bridal Blast Interval exercise.



BURPEES



Caution: Do not lean body forward until after you have landed and stabilized your body. Avoid landing with your body already leaning forward as this can cause a lower back injury.

Burpees

1. Stand with feet shoulder-width apart, trunk flexed forward slightly with back in a neutral position.
2. Arms should be in the “ready” position with elbows flexed at approximately 90°.
3. Jump up vertically and drive arms up above your head.
4. Land on both feet, place your hands on the floor in front of you while going downward and immediately thrust your feet behind you until you reach a standard push-up position.
5. Bring knees in toward your chest and jump back up high again, as fast as possible and repeat.
6. This should be a continuous series of fluid motions until completed.

The Essentials - Lower Body



ROTATIONAL SHOULDER PRESS



Rotational Shoulder Press

1. Stand with feet about hip width apart.
2. Raise dumbbells with elbows at chest level. Palms will be facing toward your face and elbows will each form a 90° angle.
3. Rotate arms externally so that palms are now facing out.
4. Press dumbbells above head.
5. Lower dumbbells back to Position 2, followed by Position 1.
6. Repeat for desired repetitions while never allowing elbows to drop below a level that is parallel to the floor.



REVERSE FLY



Reverse Fly

1. Stand with knees bent into a half-squat position, and torso bent forward. Hold a dumbbell in each hand with your arms extended down in front of your body and a small bend in the elbow.
2. Raise your arms out to your sides and pinch your shoulder blades together.
3. Once your arms are parallel with your body, return to the starting position and repeat for the desired repetitions.



Workout
Guide
PART 2

All workout routines in this book are to be completed in a **circuit training method**, with 15-20 seconds rest/recovery in between each exercise.

Total Body Workout 2	Reps	Sets
Crunch Press	25	3*
Lateral Lunge with Curl	20	3*
Lunge with Lateral Raise	20	3*
Walk-Up Push-Up	15	3*
Squat + Press + Triceps Extension	20	3*
Bridal Blast! Interval 4-square jumps Chop feet + squat thrust Squat jumps Burpees	2-4 min.	3*
Recovery/Water	90-120 seconds	

*Perform one set of all five resistance exercises above in a circuit training method followed by one round of the Bridal Blast exercises listed. Repeat all exercises for a total of 3 sets.

The “Bridal Trifecta” exercises should be performed after all three sets of the “main” part of the workout have been completed.

Bridal Trifecta	Reps	Sets
Push-Ups	25-30	1-2
Static Row	25-30	1-2



****During the first 2 weeks of your boot camp workouts, it is important to perform Bridal Blast intervals at a low to moderate intensity (RPE level 3-4). After the first 2 weeks, you may perform intervals at an RPE of 4-6 and eventually work your fitness level up to an RPE of 8-9.**

During the first two weeks, only 2 sets per workout is recommended.

End all workouts with the cool down/stretching routine section in this chapter.

Total Body - Workout 2

CRUNCH PRESS

Crunch Press

1. Position your body with your back on the mat, knees bent, feet flat and arms bent up and lined up next to the center of your chest.
2. While raising your torso from the mat and performing an abdominal crunch, simultaneously extend your arms forward in front your chest.
3. Repeat for the proper number of repetitions.

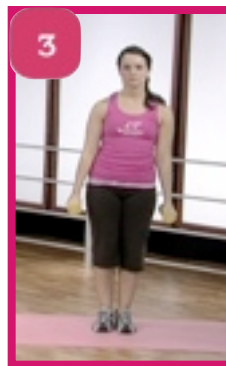
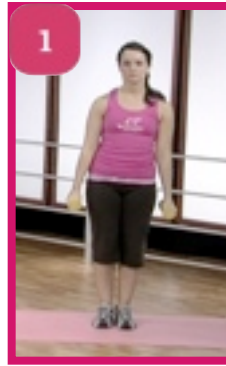


Total Body - Workout 2

LATERAL LUNGE WITH CURL

Lateral Lunge with Curl

1. Stand with feet hip width apart and dumbbells to your sides.
2. Take right foot and step 2-3 feet out to the right side. Lean torso forward and sit the right glute back. **Do not** allow lunging knee to extend past the big toe - may cause injury. During lunging motion, curl dumbbells up “hammer” style, to shoulder level and continue by pressing dumbbells straight up by extending arms above head (not pictured).
3. Pushing off lunging foot, return to start position. Continue with same leg or alternate as prescribed.
4. Remember to keep head and back in a neutral position. Reaching forward should be performed at the hips and not the low back. Shoulders, hips, and front foot should point forward at all times.
5. Watch for proper knee alignment - do not let lunging knee extend past big toe or deviate inward or outward. Opposite leg should remain straight during lunging phase as shown.



Total Body - Workout 2

LUNGE WITH LATERAL RAISE

Lunge with Lateral Raise

1. Start by standing with your feet shoulder width apart and holding dumbbells by your sides.
2. While taking a “giant step” forward, raise the dumbbells outward from your body with your arms extended until you reach shoulder level.
3. Bend your knees into a lunge position. Your back knee should end up a few inches from the floor and your front leg should be bent to about 90° at the knee.
4. Return to starting position and alternate the lunging leg.
5. Repeat for the proper number of repetitions.



Total Body - Workout 2

WALK UP PUSH-UP

Walk Up Push-Up*

1. Start by positioning your body face down on the ground. Place your elbows and forearms on the floor, (elbows underneath shoulders)
2. Prop your body up into a body plank position on your toes and forearms/elbows.
3. Maintain a flat back and do not allow your hips to sag towards the ground.
4. Transition to a standard push-up position by straightening the left arm and placing your palm on the mat and immediately doing the same with the right arm.
7. Slowly lower your body by bending the arms until your chest is only 3-4 inches from the mat.
8. Push the body back up to your starting push-up position and return to your starting body plank position by placing your elbows and forearms back on the mat one at a time.
9. Repeat for the proper number of repetitions.

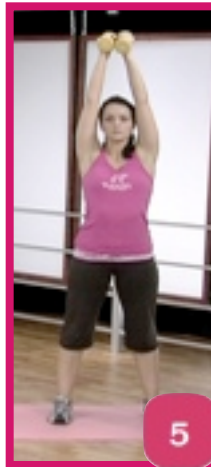
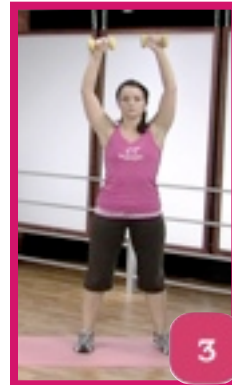
*If you are unable to perform a standard push-up then you should instead opt for **modified push-ups** by placing your knees on the mat as pictured below.

*If you are unable to perform a standard body plank then you should instead opt for **modified body plank** by placing your knees on the mat as pictured.



Total Body - Workout 2

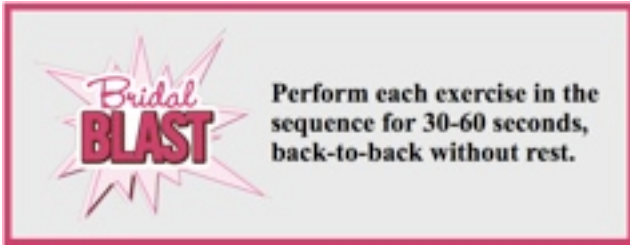
SQUAT + PRESS + TRICEPS EXTENSION



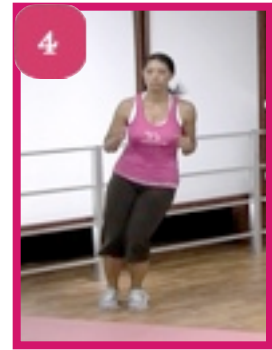
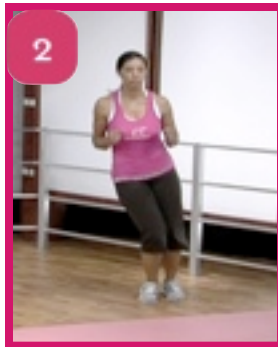
Squat + Press + Triceps Extension

1. Stand with feet hip width apart and arms bent at 90° with your palms facing forward.
2. Squat down by sitting back like you are sitting down into a chair while keeping your arms in the same position.
3. Return to the starting position while extending your arms above your head.
4. Bring dumbbells together and lower the weights behind your head.
5. Extend the arms back up so that the weights are now above your head again and squeeze the muscles in the back of your arms.
6. Return to your original starting position and repeat for the proper number of repetitions.

Total Body - Workout 2



4-SQUARE JUMPS



Four Square Jumps

1. Start by imagining 4 equal sized “squares” on the ground in front of you similar to the illustration to the right.
2. Stand inside one of the four squares, draw your navel in toward your spine and proceed by jumping into each square in a clockwise pattern while keeping your body facing in the same direction throughout the exercise. About halfway through the jumps, reverse your direction and continue jumping counter-clockwise.
3. Make sure to keep your knees “soft” by slightly bending the knee joint upon each landing to minimize the impact.
4. Do not “double hop” upon each landing. You should land both feet simultaneously.
5. As your fitness level advances, you can continue to challenge yourself more by increasing the speed of your jumping without losing your form.



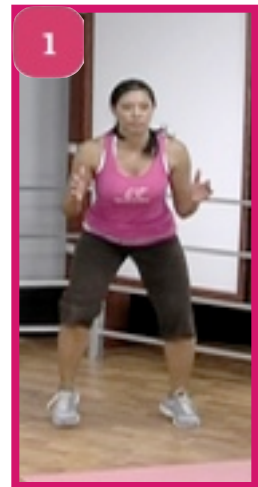
Total Body - Workout 2



CHOP FEET SQUAT THRUST

Chop Feet Squat Thrusts

1. Begin with feet shoulder width apart and standing on the balls of your feet.
2. “Chop” your feet up and down with short strikes.
3. After about 3-5 seconds of “chopping”, drop to your hands and while kicking your feet behind you until your body is in a standard “push-up” position.
4. Keeping your body parallel to ground, drive both knees powerfully in toward your chest and immediately thrust feet to back out to starting position.
5. Repeat the above steps with power and speed for the required number of seconds.
6. Body must remain in a straight line with navel drawn in toward spine to minimize “up and down” hip movement.



Total Body - Workout 2

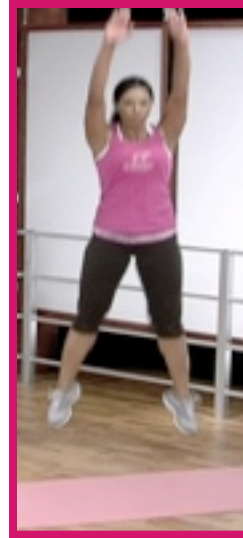


SQUAT JUMPS

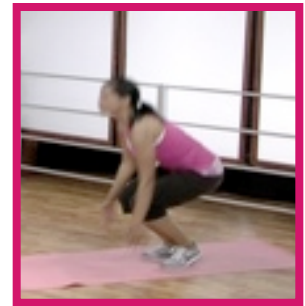
Squat Jumps

1. Stand with feet shoulder-width apart, trunk flexed forward slightly with back straight in a neutral position.
2. Arms should be in the “ready” position with elbows flexed at approximately 90°.
3. Lower body where thighs are parallel to ground.
4. Explode vertically by jumping up in the air while driving arms up.
5. Land on both feet and bend knees deeply immediately upon feet hitting the floor.
6. Do not lurch trunk forward upon landing or injury can occur. Instead, keep chest up, and shoulders neutral when feet hit in landing position.

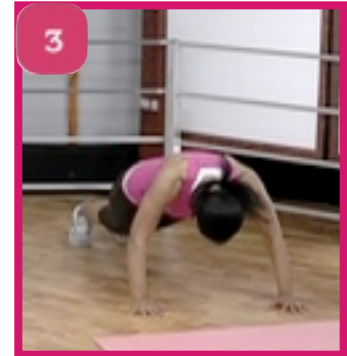
If you have a history of knee, hip, or back problems, do not attempt this advanced level exercise. Instead, you may substitute your choice of a previously described Bridal Blast Interval exercise.



Squat Jump - front view



Squat Jump - side view



Caution: Do not lean body forward until after you have landed and stabilized yourself. Avoid landing with your body already leaning forward as this can cause a lower back injury.

Burpees

1. Stand with feet shoulder-width apart, trunk flexed forward slightly with back straight in a neutral position.
2. Arms should be in the “ready” position with elbows flexed at approximately 90°.
3. Lower body where thighs are parallel to ground.
4. Jump up vertically and drive arms up.
5. Land on both feet to stabilize body and continue down into deep squatting position while bringing knees up toward your chest and placing palms on the ground, shoulder width apart.
6. Thrust your feet back and immediately drive knees in toward your chest.
7. Jump back up high again, as fast as possible and repeat.

This should be a continuous series of fluid motions until completed.

Total Body - Workout 2

PUSH-UP



Push-up

1. Position your hands and the balls of feet on the mat shoulder width apart with legs straight.*
2. Brace your abs by drawing your navel back toward your spine and your neck in a neutral position.
3. Slowly lower your body by bending the arms until your chest is only 3-4 inches from the mat.
4. Push the body back up to your starting position and repeat for the proper number of repetitions.

*If you are unable to perform a standard push-up then you should instead opt for **modified push-ups** by placing your knees on the mat as pictured below.

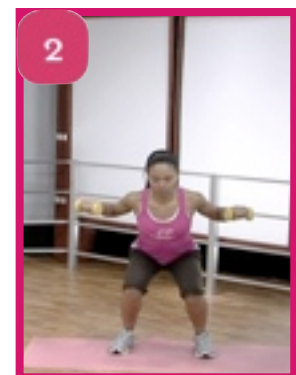
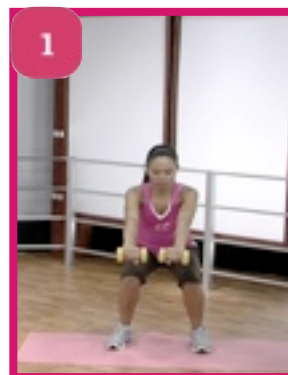
MODIFIED PUSH-UP



Static Row

1. Stand on the mat with your feet shoulder width apart while holding the dumbbells in front of your legs at a downward angle.
2. Sit back like you are sitting into a chair and hold the squatting position throughout the exercise.
3. Pull the dumbbells back toward your body in a rowing motion.
4. Squeeze the shoulder blades together as if you are attempting to crack a walnut in between them.
5. Bring hands forward to the starting position and repeat for the proper number of repetitions.

STATIC ROW




All workout routines in this book are to be completed in a **circuit training method**, with 15-20 seconds rest/recovery in between each exercise.

Total Body Workout 3	Reps	Sets
Touchdown Kneel Down	15	3*
Static Lunge + Row + Kickback	25	3*
High Row Squat	20	3*
Side Plank with Push-Up	15	3*
Reverse Fly Squat	20	3*
Bridal Blast! Interval Foot fires/lateral foot fires Squat thrusts High Knees Run in Place Boxing Burpees	1-3 min.	3*
Recovery/Water	90-120 seconds	

*Perform one set of all five resistance exercises above in a circuit training method followed by one round of the Bridal Blast exercises listed. Repeat all exercises for a total of 3 sets.

The “Bridal Trifecta” exercises should be performed after all three sets of the “main” part of the workout have been completed.



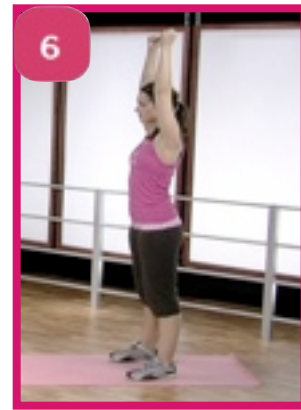
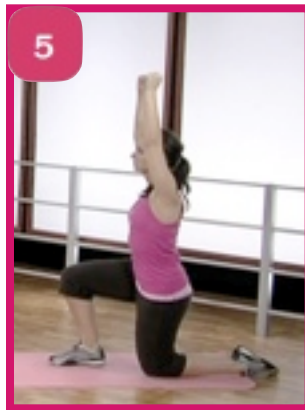
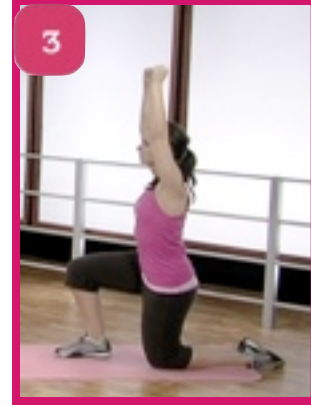
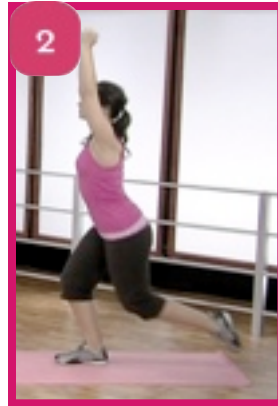
Bridal Trifecta	Reps	Sets
Triceps Kickbacks	25-30	1-2
Biceps Curls (slow tempo)	25-30	1-2



****During the first 2 weeks of your boot camp workouts, it is important to perform Bridal Blast intervals at a low to moderate intensity (RPE level 3-4). After the first 2 weeks, you may perform intervals at an RPE of 4-6 and eventually work your fitness level up to an RPE of 8-9.**

During the first two weeks, only 2 sets per workout is recommended.

End all workouts with the cool down/stretching routine section in this chapter.



Touchdown Kneel Down

1. Start by standing with your feet shoulder width apart and your arms extended straight up above your head like a football referee signaling a touchdown.
2. Kneel down on your left knee by placing the left leg behind you.
3. Continue by bringing the second knee to a kneeling position.
4. Immediately place the left leg again in front of you and stand up.
5. Repeat with the same leg for the proper number of repetitions before changing to the opposite leg.

Total Body - Workout 3

STATIC LUNGE + ROW + KICKBACK



Static Lunge + Row + Kickback

1. Start by standing in a staggered (lunging) stance and holding one dumbbell at an angle by your side.
2. Bend your knees into a lunged position. Your back knee should end up a few inches from the floor and your front leg should be bent to about 90°.
3. As you return to your starting position, simultaneously pull the dumbbell back at an angle in a one-arm rowing motion.
4. Finish the repetition by extending arm back and squeezing the muscles in the back of your arm.
5. Return to starting position and repeat for the proper number of repetitions before alternating to the opposite side.



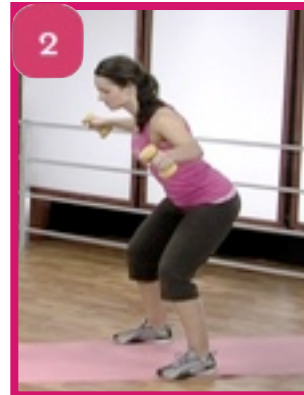
High Row Squat

1. Start by standing with your feet shoulder width apart and holding your dumbbells in front of your legs.
2. Squat down by sitting back like you are sitting into a chair and leaving your arms extended down in front of you.
3. Stand back up to your starting position while pulling the dumbbells straight up so that they end up just underneath your chin and only a few inches in front of you.
4. Repeat for the proper number of repetitions.



Side Plank with Pushup

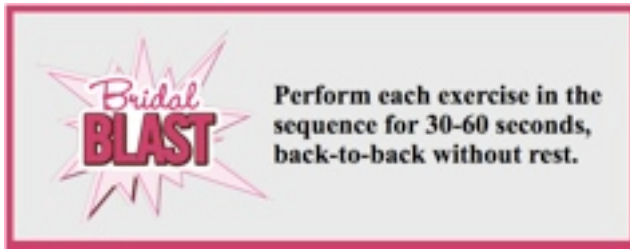
1. Start by completing a normal pushup and then at the top of the pushup pick your hand up off the ground and rotate your upper body so that your hand is above your torso, and your top foot is on the ground a few inches from your bottom foot. (To add more difficulty, place top foot on top of bottom foot.)
2. Hold the side planking position for one or two seconds, then slowly rotate back to your starting pushup position and complete one pushup.
3. Proceed to rotate to the opposite side and repeat by holding position in side plank. Rotate and complete one normal pushup.
4. Complete this movement for the desired number of repetitions.
5. To make this even more challenging, hold a dumbbell in each hand while completing this movement and/or add a second pushup repetition.



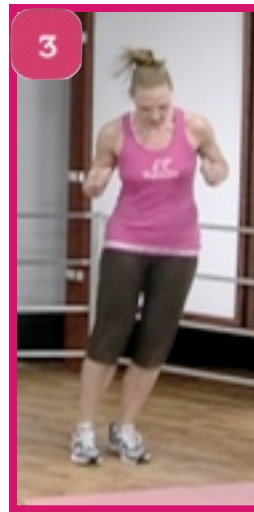
Reverse Fly Squats

1. Stand with knees bent into a squat position, and torso bent forward. Hold a dumbbell in each hand with your arms extended down in front of your body and a small bend in the elbow.
2. Stand about three-fourths of the way up while simultaneously raising your arms out to your sides and pinching your shoulder blades together.
3. Once your arms are parallel with your body, return to the starting position and repeat for the desired repetitions.

Total Body - Workout 3



FOOT FIRES + LATERAL FOOT FIRES



Foot Fires/Lateral Foot Fires

1. Start by standing with feet hip width apart and knees bent slightly.
2. Push off the balls of your feet and jump forward about ten to twelve inches. Repeat by jumping back to your original starting point by pushing off both feet again. This should be a rapid repetition of front to back bounding motions.
3. Make sure to keep your knees “soft” by slightly bending the knee joint upon each landing to minimize the impact.
4. Repeat the forward to backward jumps. Do not “double hop” upon each landing.
5. Halfway through the exercise time, transition to jumping in the same bounding fashion, but instead change your direction to a side-to-side bounding motion.

Total Body - Workout 3



SQUAT THRUST



Squat Thrusts

1. Start with your body in a standard “push-up” position.
2. Keeping your body parallel to ground, drive both knees powerfully in toward your chest and immediately thrust feet to back out to starting position.
3. Repeat the above steps with power and speed for the required number of seconds.
4. Body must remain in a straight line with navel drawn in toward spine to minimize “up and down” hip movement.

Total Body - Workout 3



HIGH KNEES
RUN-IN-PLACE



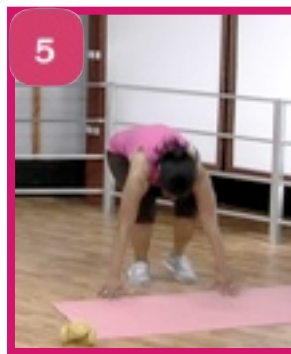
High Knees Run-In-Place

1. Stand in place with feet hip width apart.
2. Drive knee up towards chest and quickly place the foot back on the ground.
3. Drive other knee up in a high tempo jog with minimal ground contact time.
4. Keep your arms bent and drive them up and down in a chugging motion.
5. Repeat for the proper duration of time.

Total Body - Workout 3



BOXING BURPEES



Boxing Burpees

1. Start performing a forward punching “jab” by extending your left arm forward in a striking motion. Immediately follow the straight forward jab, with a “cross punch” by extending your right arm across your body and rotating your torso.
2. After completing both the jab and the cross punches, jump up vertically and drive arms up.
3. Land on both feet while going downward into a squatting position.
4. Place your hands on the floor in front of you and thrust your feet back so that you end up in a pushup starting position.
5. Bring knees in toward your chest and jump back up high again, as fast as possible and repeat.
6. This should be a continuous series of fluid motions until completed.

Total Body - Workout 3



Triceps Kickbacks

1. Start by standing with your feet in a wide, staggered stance, holding one dumbbell at your side with your arm bent to 90°.
2. Keep your elbow in close to your body and extend your arm back while squeezing the muscles in the back of your arm.
3. Return to starting position and repeat for the proper number of repetitions before alternating to the opposite side.

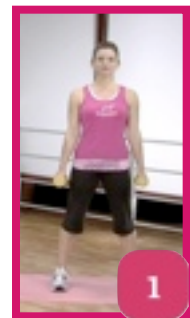
TRICEPS KICKBACKS



BICEPS CURLS

Slow Tempo Biceps Curls

1. Start by standing with feet shoulder width apart and holding the dumbbells by your sides.
2. Curl the weights until your hands are at shoulder height.
3. **Very slowly** lower the weights to the start position taking a **5-count** to reach the bottom (count off 5-4-3-2-1 as you lower them).
4. When you return to the starting position, use quick, powerful motion to curl up again to shoulder height and repeat.

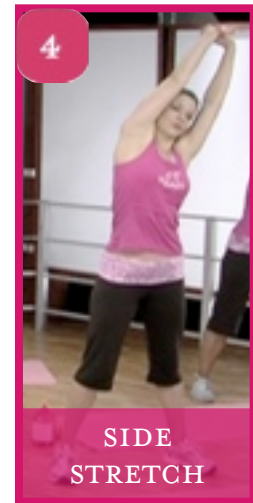
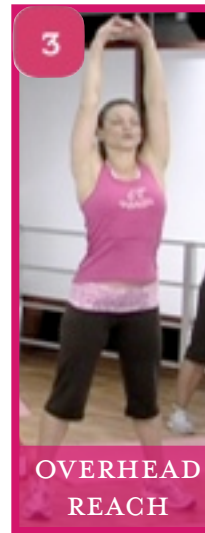
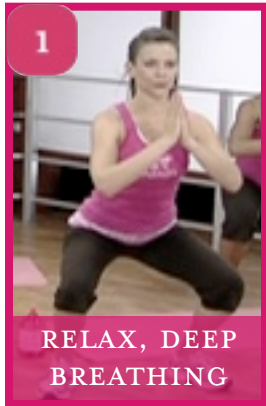


Bridalicious Boot Camp Cool Down, Stretching

Cool Down Activity	Duration
Relax, deep breathing	5 deep breaths, breathing in through the nose and out through the mouth
Shoulder stretch	20-30 seconds on each side
Overhead reach stretch	20-30 seconds
Side stretch	20-30 seconds on each side
Rear reach chest stretch	20-30 seconds
Hamstring stretch	20-30 seconds on each side
Quad stretch	20-30 seconds on each side
Hip Stretch	20-30 seconds on each side
Shoulder dip and rotation	20-30 seconds on each side
Relax, deep breathing	Close your eyes and envision your bridalicious body on your wedding day

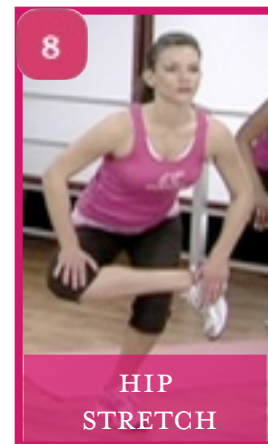
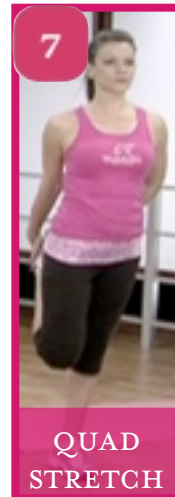
Relax your mind and body, and make sure to hold each stretch for the recommended duration. If you have some favorite stretches that are not listed on the chart, feel free to add them, or substitute in to your routine. Just make sure you are stretching all the major areas of the body.

Bridalicious Stretching, Cool Down



*stretch one side,
then the other*

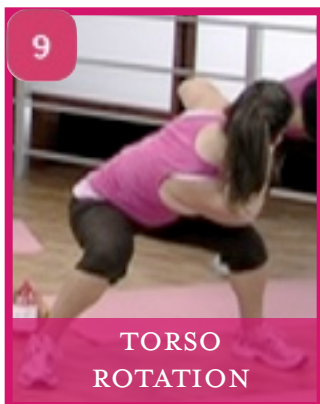
*stretch one side,
then the other*



*stretch one side,
then the other*

*stretch one side,
then the other*

*stretch one side,
then the other*



*stretch one side,
then the other*

