

Palm-Tip Boot Camp Practice Routine

Worksheet

5-10 Minutes - Stretching Routine

6-15 Minutes - Exercise #1

120bpm | 100bpm | 120bpm Cut Time



1-2 Minutes - Exercise #2

Accelerate gradually over the course of 30 seconds



6-15 Minutes - Exercise #3

100bpm | 120bpm | 140bpm



6-15 Minutes - Exercise #4

100bpm | 120bpm | 140bpm



6-15 Minutes - Exercise #5

100bpm | 120bpm | 140bpm



6-15 Minutes - Exercise #6

100bpm | 120bpm | 140bpm



6-15 Minutes - Exercise #7

100bpm | 120bpm | 140bpm



6-15 Minutes - Exercise #8

100bpm | 120bpm | 140bpm



1-2 Minutes - Burnout Round 1

160bpm



1-2 Minutes - Burnout Round 2

160bpm



1-2 Minutes - Burnout Round 3

160bpm



1-2 Minutes - Burnout Round 4

160bpm



1-2 Minutes - Burnout Round 5

160bpm

