

Great Online Bootcamp Q1:2024



Dates

Start: Monday 8th January 2024

Ends: Sunday 31st March 2024

12 weeks split

	W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
Mon	FB:A	FB:A	FB:A	FB:A	FB:A	FB:A	FB:D	FB:D	FB:D	FB:G	FB:G	FB:G
Tue			CV	CV	CV	CV	CV	CV	CV	CV	CV	CV
Wed		CV		FB:B	FB:B	FB:B	FB:E	FB:E	FB:E	FB:H	FB:H	FB:H
Thu	CV		FB:B	CV	CV	CV	CV	CV	CV	CV	CV	CV
Fri		FB:B	CV	FB:C	FB:C	FB:C	FB:F	FB:F	FB:F	FB:I	FB:I	FB:I
Sat	Rest/10k steps											
Sun	Rest/10k steps											

FB = Full body, CV = Cardio, Letters A-I different stages of workouts