

**\$29**

# Trinity's Taste of Boot Camp!

After a 10 minute warm up complete each exercise in order for 5 circuits.

## 50 Jumping Jacks



## 20 Push Ups



## 25 Rowers



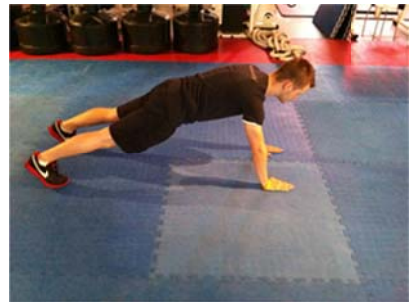
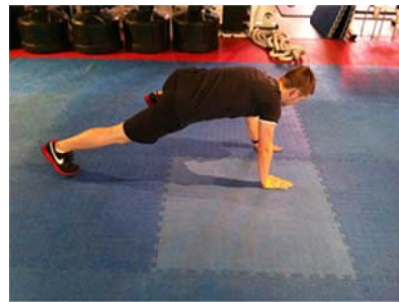
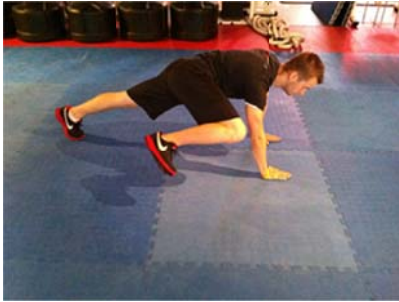
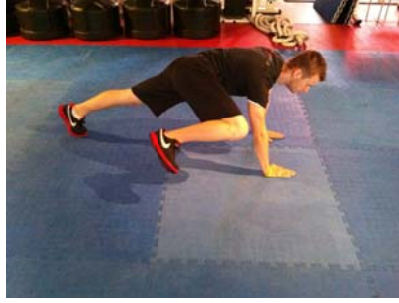
## 20 Burpees



## 30 Spiderman Pushups (15 each side)



## 40 Mountain Climbers (20 each side)



Please consult your doctor or health care professional before starting this or any other fitness routine. Train smart! Use at your own risk.

### **Are YOU ready for the real thing?**

Sign up for a 1 month trial membership to Trinity's "FINISH STRONG!" Boot Camp program. **(\$225 value)**

[Enroll NOW!](#) Or copy and paste <http://finishstrongbootcamp.viprespond.com/>

For more information on this or any other Trinity Fitness products or programs check out our website at [www.trinitybody.com](http://www.trinitybody.com) or contact us at 404.966.KICK or [info@trinitybody.com](mailto:info@trinitybody.com)