

Indoor Bootcamp Team Challenge



Points System

Consultation

ACTIVITY	POINTS
Attend consultation for personalized program	30
Review exercises with consultant in walk-arounds	15

Cardiovascular Endurance

ACTIVITY	POINTS
5 minutes of cardiovascular exercise	2
20 minutes of cardiovascular exercise	10
30 minutes of cardiovascular exercise	15

Resistance/Body Weight Exercise

ACTIVITY	POINTS
1 set (10-15 reps.) (listed exercises)	2
2 set (10-15 reps.) (listed exercises)	5

Workstation Exercises

ACTIVITY	POINTS
1 min. of exercises	3
Hold each stretch for 30 seconds	1 / stretch

