



NoBordersFitness
anything is possible.

NBF OUTDOOR BOOTCAMP

TIME TO GET OUTSIDE FOR A WORKOUT!
REMEMBER TO WARM UP BEFORE THIS
WORKOUT.

SET TIMER: 30 MINUTES.
COMPLETE AS MANY ROUND OF POSSIBLE:

100 METRE RUN
50 SQUATS
200 METRE RUN
10 PUSHUPS
300 METRE RUN
10 SETS OF LUNGES
REPEAT

REMEMBER TO STRETCH AND COOL DOWN!