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NEW YEAR

NEW YOU

BOOT CAMP

2024 NYNY BOOTCAMP PROGRAM
MUSCLE BUILDING TRACK

DAY 1: FULL BODY

EXERCISES (WEEKS 1-8)	WK 1 SETS X REPS	WK 2 SETS X REPS	WK 3 SETS X REPS	WK 4 SETS X REPS	WK 5 SETS X REPS	WK 6 SETS X REPS	WK 7 SETS X REPS	WK 8 SETS X REPS	REST TIME BETWEEN SETS
INCHWORMS TO PUSHUP	3 X 10	3 X 10	3 X 12	3 X 12	3 X 15	3 X 15	3 X 20	3 X 20	45-60 SECONDS
LEG RAISES	3 X 15	3 X 15	3 X 20	3 X 20	3 X 25	3 X 25	3 X 30	3 X 30	45-60 SECONDS
DB STEP BACK LUNGES	3 X 10	3 X 10	3 X 12	3 X 12	4 X 10	4 X 10	4 X 12	4 X 12	45-60 SECONDS
PLANK JACKS	3 X 15	3 X 15	3 X 20	3 X 20	3 X 25	3 X 25	3 X 30	3 X 30	45-60 SECONDS
BOX JUMP TO PLANK	3 X 8	3 X 8	3 X 10	3 X 10	3 X 12	3 X 12	4 X 12	4 X 12	45-60 SECONDS
PLANK HIP DIPS (EACH SIDE)	3 X 10	3 X 10	3 X 12	3 X 12	3 X 15	3 X 15	3 X 20	3 X 20	45-60 SECONDS
DB SQUATED THRUSTERS	3 X 10	3 X 10	3 X 12	3 X 12	4 X 10	4 X 10	4 X 15	4 X 15	45-60 SECONDS
BOOTY BAND JUMP SQUATS	3 X 10	3 X 10	3 X 15	3 X 15	3 X 20	3 X 20	3 X 25	3 X 25	45-60 SECONDS

DAY 2: SHOULDERS

EXERCISES (WEEKS 1-8)	WK 1 SETS X REPS	WK 2 SETS X REPS	WK 3 SETS X REPS	WK 4 SETS X REPS	WK 5 SETS X REPS	WK 6 SETS X REPS	WK 7 SETS X REPS	WK 8 SETS X REPS	REST TIME BETWEEN SETS
SHOULDER PRESS (INCREASE WEIGHT EACH WEEK)	3 X 12	3 X 12	3 X 10	3 X 10	4 X 8	4 X 8	4 X 6 (MAX EFFORT)	4 X 6 (MAX EFFORT)	45-60 SECONDS
LATERAL RAISES (INCREASE WEIGHT EACH WEEK)	3 X 12	3 X 12	3 X 10	3 X 10	4 X 8	4 X 8	4 X 6 (MAX EFFORT)	4 X 6 (MAX EFFORT)	45-60 SECONDS
FRONT RAISES (INCREASE WEIGHT EACH WEEK)	3 X 12	3 X 12	3 X 10	3 X 10	4 X 8	4 X 8	4 X 6 (MAX EFFORT)	4 X 6 (MAX EFFORT)	45-60 SECONDS
MILITARY PRESS	3 X 12	3 X 12	3 X 10	3 X 10	4 X 8	4 X 8	4 X 6 (MAX EFFORT)	4 X 6 (MAX EFFORT)	45-60 SECONDS
REAR DELT FLYS	3 X 15	3 X 15	3 X 12	3 X 12	3 X 10	3 X 10	3 X 6 (MAX EFFORT)	3 X 6 (MAX EFFORT)	45-60 SECONDS
SHOULDER DIPS	3 X 10	3 X 10	3 X 12	3 X 12	3 X 15	3 X 15	3 X 20	3 X 20	45-60 SECONDS
DB DELT PRESS	3 X 12	3 X 12	3 X 10	3 X 10	4 X 8	4 X 8	4 X 6 (MAX EFFORT)	4 X 6 (MAX EFFORT)	45-60 SECONDS

DAY 3: LEG DAY

EXERCISES (WEEKS 1-8)	WK 1 SETS X REPS	WK 2 SETS X REPS	WK 3 SETS X REPS	WK 4 SETS X REPS	WK 5 SETS X REPS	WK 6 SETS X REPS	WK 7 SETS X REPS	WK 8 SETS X REPS	REST TIME BETWEEN SETS
JUMP SQUATS	3 X 10	3 X 10	3 X 12	3 X 12	3 X 15	3 X 15	3 X 20	3 X 20	45-60 SECONDS
BARBELL STANDING LUNGES (EACH LEG, INCREASE WEIGHT EACH WEEK)	3 X 12 (EACH LEG)	3 X 12 (EACH LEG)	3 X 10 (EACH LEG)	3 X 10 (EACH LEG)	4 X 8 (EACH LEG)	4 X 8 (EACH LEG)	4 X 6 (EACH LEG) MAX EFFORT	4 X 6 (EACH LEG) MAX EFFORT	45-60 SECONDS
BARBELL SQUATS (INCREASE WEIGHT EACH WEEK)	3 X 12	3 X 12	3 X 10	3 X 10	4 X 10	4 X 10	4 X 8 MAX EFFORT	4 X 8 MAX EFFORT	45-60 SECONDS
LEG PRESS	3 X 12	3 X 12	3 X 10	4 X 10	4 X 10	4 X 8 MAX EFFORT	4 X 8 MAX EFFORT	4 X 8 MAX EFFORT	45-60 SECONDS
BULGARIAN SPLIT SQUATS	3 X 12 (EACH LEG)	3 X 12 (EACH LEG)	3 X 10 (EACH LEG)	3 X 10 (EACH LEG)	4 X 8 (EACH LEG)	4 X 8 (EACH LEG)	4 X 6 (EACH LEG) MAX EFFORT	4 X 6 (EACH LEG) MAX EFFORT	45-60 SECONDS
WEIGHTED CALF RAISES	3 X 10	3 X 10	3 X 15	3 X 15	3 X 20	3 X 20	4 X 20	4 X 20	45-60 SECONDS
WEIGHTED HIP THRUST (INCREASE WEIGHT EACH WEEK)	3 X 10	3 X 10	3 X 8	3 X 8	4 X 6	4 X 6	4 X 4 MAX EFFORT	4 X 4 MAX EFFORT	45-60 SECONDS
HAMSTRING CURL MACHINE	3 X 12	3 X 12	3 X 10	3 X 10	4 X 10	4 X 10	4 X 8 MAX EFFORT	4 X 8 MAX EFFORT	45-60 SECONDS
DEAD LIFTS (INCREASE WEIGHT EACH WEEK)	3 X 12	3 X 12	3 X 10	3 X 10	4 X 10	4 X 10	4 X 8 MAX EFFORT	4 X 8 MAX EFFORT	45-60 SECONDS

DAY 4: CHEST + TRICEPS

EXERCISES (WEEKS 1-8)	WK 1 SETS X REPS	WK 2 SETS X REPS	WK 3 SETS X REPS	WK 4 SETS X REPS	WK 5 SETS X REPS	WK 6 SETS X REPS	WK 7 SETS X REPS	WK 8 SETS X REPS	REST TIME BETWEEN SETS
TRICEP PUSHUPS	3 X 8	4 X 8	3 X 10	4 X 10	3 X 12	4 X 12	AS MANY REPS AS POSSIBLE	AS MANY REPS AS POSSIBLE	45-60 SECONDS
WIDE SET TRICEP DIPS	3 X 10	4 X 10	3 X 12	4 X 12	3 X 15	4 X 15	AS MANY REPS AS POSSIBLE	AS MANY REPS AS POSSIBLE	45-60 SECONDS
CHEST FLYS (INCREASE WEIGHT EACH WEEK)	3 X 10	3 X 10	3 X 8	3 X 8	4 X 6	4 X 6	3 X 4 MAX EFFORT	3 X 4 MAX EFFORT	45-60 SECONDS
CHEST PRESS (INCREASE WEIGHT EACH WEEK)	3 X 10	3 X 10	3 X 8	3 X 8	4 X 6	4 X 6	3 X 4 MAX EFFORT	3 X 4 MAX EFFORT	45-60 SECONDS
CHEST FLYS WITH CABLES	3 X 10	3 X 10	3 X 8	3 X 8	4 X 6	4 X 6	3 X 4 MAX EFFORT	3 X 4 MAX EFFORT	45-60 SECONDS
TRICEP OVERHEAD WITH CABLE	3 X 10	3 X 10	3 X 8	3 X 8	4 X 6	4 X 6	3 X 4 MAX EFFORT	3 X 4 MAX EFFORT	45-60 SECONDS
DUMBBELL PULL OVERS	3 X 10	3 X 10	3 X 8	3 X 8	4 X 6	4 X 6	3 X 4 MAX EFFORT	3 X 4 MAX EFFORT	45-60 SECONDS
SKULL CRUSHERS	3 X 8	3 X 8	3 X 10	3 X 10	4 X 10	4 X 10	4 X 8	4 X 8	45-60 SECONDS
TRICEP EXTENSIONS (INCREASE WEIGHT EACH WEEK)	3 X 10	3 X 10	3 X 8	3 X 8	4 X 6	4 X 6	4 X 4 MAX EFFORT	4 X 4 MAX EFFORT	45-60 SECONDS

DAY 5: CARDIO + CORE

EXERCISES (WEEKS 1-8)	WK 1 SETS X REPS	WK 2 SETS X REPS	WK 3 SETS X REPS	WK 4 SETS X REPS	WK 5 SETS X REPS	WK 6 SETS X REPS	WK 7 SETS X REPS	WK 8 SETS X REPS	REST TIME BETWEEN SETS
WARM UP JOG	2 MINUTES	2 MINUTES	4 MINUTES	4 MINUTES	5 MINUTES	5 MINUTES	7 MINUTES	7 MINUTES	45-60 SECONDS
STABILITY BALL SWIMMERS	3 X 10	3 X 10	3 X 12	3 X 12	3 X 15	3 X 15	3 X 20	3 X 20	45-60 SECONDS
STABILITY BALL OBLIQUE PINCHERS (LEFT TO RIGHT IS 1 REP)	3 X 10	3 X 10	3 X 12	3 X 12	3 X 15	3 X 15	3 X 20	3 X 20	45-60 SECONDS
JOG	1 MINUTE	1 MINUTE	1 MINUTE	90 SECONDS	90 SECONDS	90 SECONDS	2 MINUTES	2 MINUTES	45-60 SECONDS
STABILITY BALL BACK EXTENSIONS (CENTER, LEFT, RIGHT)	3 X 10	3 X 10	3 X 12	3 X 12	4 X 12	4 X 12	4 X 15	4 X 15	45-60 SECONDS
SUPERMANS	3 X 15	3 X 15	3 X 20	3 X 20	3 X 25	3 X 25	3 X 30	3 X 30	45-60 SECONDS
JOG	1 MINUTE	1 MINUTE	1 MINUTE	90 SECONDS	90 SECONDS	90 SECONDS	2 MINUTES	2 MINUTES	45-60 SECONDS
STABILITY BALL KNEE TUCKS	3 X 6	3 X 6	3 X 8	3 X 8	3 X 10	3 X 10	3 X 12	3 X 12	45-60 SECONDS
STABILITY BALL V UPS	3 X 6	3 X 6	3 X 8	3 X 8	3 X 10	3 X 10	3 X 12	3 X 12	45-60 SECONDS
JOG	1 MINUTE	1 MINUTE	1 MINUTE	90 SECONDS	90 SECONDS	90 SECONDS	2 MINUTES	2 MINUTES	45-60 SECONDS
BOSU BALL BICYCLE TWISTS (EACH SIDE)	3 X 10	3 X 10	3 X 12	3 X 12	3 X 15	3 X 15	3 X 20	3 X 20	45-60 SECONDS
BOSU BALL CRUNCHES (SLOW)	3 X 10	3 X 10	3 X 12	3 X 12	3 X 15	3 X 15	3 X 20	3 X 20	45-60 SECONDS
JOG	1 MINUTE	1 MINUTE	1 MINUTE	90 SECONDS	90 SECONDS	90 SECONDS	2 MINUTES	2 MINUTES	45-60 SECONDS
WEIGHTED TIC TOCKS (INCREASE WEIGHT EACH WEEK)	3 X 12	3 X 12	3 X 10	3 X 10	4 X 12	4 X 12	4 X 10	4 X 10	45-60 SECONDS
GOOD MORNINGS (INCREASE WEIGHT EACH WEEK)	3 X 12	3 X 12	3 X 10	3 X 10	4 X 12	4 X 12	4 X 10	4 X 10	45-60 SECONDS
SPRINT	20 SECONDS	20 SECONDS	30 SECONDS	30 SECONDS	45 SECONDS	45 SECONDS	1 MINUTE	1 MINUTE	45-60 SECONDS

DAY 6: BACK + BICEPS

EXERCISES (WEEKS 1-8)	WK 1 SETS X REPS	WK 2 SETS X REPS	WK 3 SETS X REPS	WK 4 SETS X REPS	WK 5 SETS X REPS	WK 6 SETS X REPS	WK 7 SETS X REPS	WK 8 SETS X REPS	REST TIME BETWEEN SETS
ROW MACHINE (FULL BODY ROW, ENGAGING YOUR LATS)	5 MINUTES	5 MINUTES	5 MINUTES	5 MINUTES	5 MINUTES	5 MINUTES	5 MINUTES	5 MINUTES	45-60 SECONDS
LAT PULL DOWNS (INCREASE WEIGHT EACH WEEK)	3 X 10	3 X 10	3 X 8	3 X 8	4 X 6	4 X 6	4 X 4 MAX EFFORT	4 X 4 MAX EFFORT	45-60 SECONDS
CABLE ROWS (INCREASE WEIGHT EACH WEEK)	3 X 10	3 X 10	3 X 8	3 X 8	4 X 6	4 X 6	4 X 4 MAX EFFORT	4 X 4 MAX EFFORT	45-60 SECONDS
DB BENT ROWS (INCREASE WEIGHT EACH WEEK)	3 X 10	3 X 10	3 X 8	3 X 8	4 X 6	4 X 6	4 X 4 MAX EFFORT	4 X 4 MAX EFFORT	45-60 SECONDS
T BAR ROWS	3 X 10	3 X 10	3 X 8	3 X 8	4 X 6	4 X 6	4 X 4 MAX EFFORT	4 X 4 MAX EFFORT	45-60 SECONDS
BICEP CURLS (INCREASE WEIGHT EACH WEEK)	3 X 10	3 X 10	3 X 8	3 X 8	4 X 6	4 X 6	4 X 4 MAX EFFORT	4 X 4 MAX EFFORT	45-60 SECONDS
CABLE CURLS	3 X 10	3 X 10	3 X 8	3 X 8	4 X 6	4 X 6	4 X 4 MAX EFFORT	4 X 4 MAX EFFORT	45-60 SECONDS
ISOLATION CURLS	3 X 10	3 X 10	3 X 8	3 X 8	4 X 6	4 X 6	4 X 4 MAX EFFORT	4 X 4 MAX EFFORT	45-60 SECONDS
PULLUPS (OR ASSISTED PULLUPS)	3 X 5	3 X 5	3 X 8	3 X 8	3 X 10	3 X 10	AS MANY REPS AS POSSIBLE	AS MANY REPS AS POSSIBLE	45-60 SECONDS
WEIGHTED BACK EXTENSIONS (INCREASE WEIGHT EACH WEEK)	3 X 10	3 X 10	3 X 12	3 X 12	3 X 15	3 X 15	AS MANY REPS AS POSSIBLE	AS MANY REPS AS POSSIBLE	45-60 SECONDS

DAY 7:
REST DAY/ACTIVE REST DAY

**LISTEN TO YOUR BODY. TAKE THIS DAY AS A REST DAY OR
AND ACTIVE REST DAY. YOU COULD DO YOGA, STRETCH,
GO FOR A WALK, HIKE, OR RIDE. ENJOY YOUR BODY!**