

# Welcome to P3 Boot Camp

Don't miss out page 2!

30 seconds each activity





Turns



BURPEES



MARCH IN PLACE

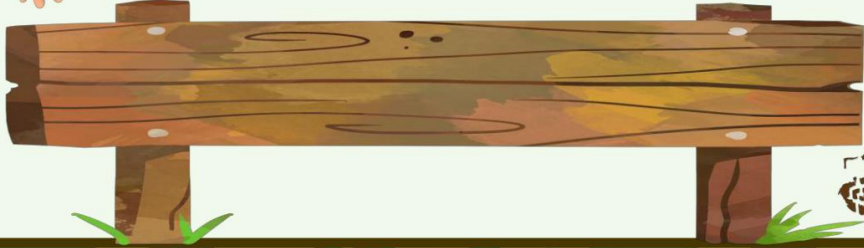


SHOULDER STAND

V-SIT



PLANK HOLD



BOOTCAMP