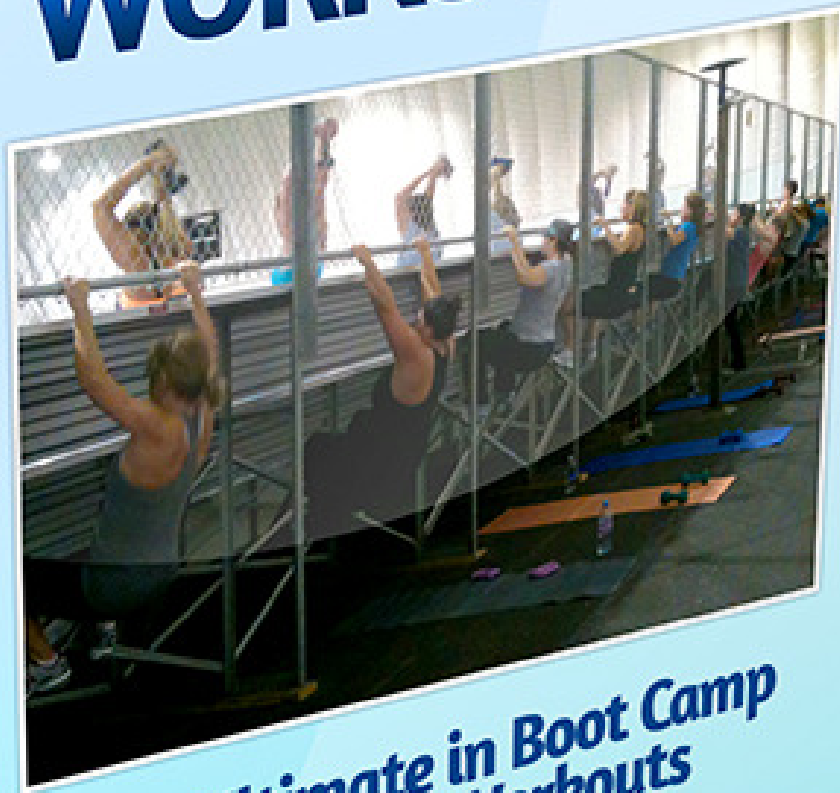# 6 Extreme Boot Camp Challenge WORKOUTS

The Ultimate in Boot Camp Challenge Workouts

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Extreme Challenge Workout #1
Jump Pull Push Bodyweight Challenge

Timed set: Record the total time it takes to complete this workout.

Equipment: Timer

Rules of the test:
Let's combine three of my favorite moves done in a count down, count up fashion. Clients can take the time needed to complete the total test. Obviously, they will rest as little as possible during the test. If the client modifies the exercises, it needs to be noted.

Here are the exercises:
burpees 10 to 1 rep
pull up 1 to 10 reps
10 push ups

Here's an example of the first two sets:

1a- 10 burpees
1b – 1 pull up
1c – 10 push ups

2a- 9 burpees
2b – 2 pull ups
2c – 10 push ups

Continue this pattern until this is your last set:

10a – burpee
10b – 10 pull ups
10c – 10 push ups

*If clients haven't mastered the pull up, feel free to do an assisted pull up, an inverted bodyweight row or DB row's (but make note of this). Burpees can be swapped out for full body extensions, or a modified burpee.

Training Variation:
Do the set in count DOWN fashion.

Extreme Challenge Workout #1 – Jump Push Pull - **Timed set Template**

Record **time** and any modifications.

Name	Test 1	Modification	Test 2	Modification

Extreme Challenge Workout #2
Up by Five Bodyweight Challenge

AMRAP set: Count the total rounds completed in 12 minutes. Partial rounds will not be counted, only complete rounds count for the final score.

Rules of the test:
Here's another bodyweight workout done in AMRAP style. Rest as little as possible between exercises, record the number of total rounds done.

1 – 5 pull ups (or variation like assisted pull up)
2 – 10 burpees
3 – 15 jumping lunge (per leg) (or reverse lunges)
4 – 20 push ups (modified push up)
5 – 25 bodyweight squats

Training Variations:
Do the exercises in a timed set 30/05 for five rounds.

Extreme Challenge Workout #2 – Up By Five – **AMRAP Template**

Record total **rounds** and any modifications.

Name	Test 1	Modification	Test 2	Modification

Extreme Challenge Workout #3
'Bodyweight Don't Lie' Bodyweight Challenge

Rep count test: Record the total reps completed during this workout.

Equipment: Gymboss timer needed, boxes for box jump, pull up bar

Exercises:
Burpees (modified burpee, full body extension)
Pull ups (variation: assisted pull ups, TRX rows, DB rows)
Squats
Push ups (modified push up)
Box jumps (squat jumps or squats)

Rules of the test:
Set the Gymboss timer for 5 rounds of one minute of workout and 5 seconds recovery/transition. Campers will perform each exercise for one minute and will transition to the next exercise in the 5 seconds between sets. They will complete 3 rounds in total.

Rest one minute between each round of five exercises. This time can be used to record reps if reps weren't recorded during the set.
Following is the template for this test. *Each camper will need sheet to record.

Training Variation:
Do 10 reps of all exercises for 5 rounds.

Individual Rep Count Template

NAME OF CAMPER: _____

TEST 1

Record the **number of reps** of each exercise for each set. Use the following table, make note of modifications:

Exercise:	Set 1	Set 2	Set 3
Burpees			
Pull ups			
Squats			
Push ups			
Box jumps			

Modification notes:

_____
_____
_____

TEST 2

Exercise:	Set 1	Set 2	Set 3
Burpees			
Pull ups			
Squats			
Push ups			
Box jumps			

Modification notes:

_____
_____
_____

Extreme Challenge Workout #4
Pull Ups Anyone? Bodyweight Challenge

Timed set: Record the total time it takes to complete this workout.

Equipment: Timer

Exercises:
Pull ups (assisted pull ups, TRX rows, DB rows)
Box jumps (squat jumps, squats)

Rules of the test:
The goal of this test is to get to 10 pull ups and 20 squat jumps using a ladder format. The test will be timed. Here's the progression:

1 pull up, 2 box jumps
2 pull ups, 4 box jumps
3 pull ups, 6 box jumps
4 pull ups, 8 box jumps
5 pull ups, 10 box jumps

Continue in the pattern until you get to:

10 pull ups, 20 box jumps
Stop the clock.

Rest when necessary. Note if exercise substitutions are used and at what point in the test.

Training Variation:
Do a count down set. Start with 10 reps of each (do assisted pull ups if needed), count down to one rep of each, rest as little as possible.

Extreme Challenge Workout #4 Pull Ups Anyone? – **Timed set Template**

Record **time** and any modifications.

Name	Test 1	Modification	Test 2	Modification

Extreme Challenge Workout #5
Lucky # Seven Bodyweight Challenge

AMRAP set: Count the total rounds completed in 12 minutes. Partial rounds will not be counted, only complete rounds count for the final score.

Equipment: Timer

Exercises:
7 squat jumps (squats)
7 decline push ups (regular or modified push up)
7 (per leg) bicycle crunch
7 (per leg) jumping lunges (reverse lunge)
7 pull ups (assisted pull up)

Rules of the test:
Campers will repeat this circuit in AMRAP style for 12 minutes. Record the total number of rounds completed in the time allotted. Encourage campers to beat their score each time they try this. Make note of modifications and at what point in the test they were used.

Training Variation:
    Do timed sets of the above exercises, 30/05 for five rounds.

Extreme Challenge Workout #5 Lucky #7 – **AMRAP Template**

Record total **rounds** and any modifications.

Name	Test 1	Modification	Test 2	Modification

Extreme Challenge Workout #6
Swingin Count Down Challenge

Timed test: Record the time it takes to complete this workout.

Equipment: Kettlebell, DB's, timer

Exercises:
KB or DB swing 30 reps
Burpee
Reverse lunge (per leg) with DB's
Decline push up
Squat jumps

Rules of the test:
Count down 10, 8, 6, 4, 2 reps for each exercise but always do 30 reps of KB or DB swing to start. Rest as little as possible between sets. Time the set. Beat the time next try.

Example:

Set 1
KB or DB swing 30 reps
10 burpee pull ups
10 Alternate lunge (per leg)
10 Decline push up
10 Squat jumps
Rest as little as possible

Continue this pattern until this is your last set:

Set 5
KB or DB swing 30 reps
2 burpee pull up
2 Alternate lunge (per leg)
2 Decline push up
2 Squat jump

Training Variation:
    Do timed sets of the above exercises, 30/05 for five rounds.

Extreme Challenge Workout #6 Swingin Count Down **Timed set Template**

Record **time** and any modifications.

Name	**Test 1**	Modification	**Test 2**	Modification