

20 Done for You Tried and True Boot Camp Workouts



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Planning for boot camp is one of the most time consuming parts of running a boot camp business. When workouts are well thought out, you can focus your time and energy on watching clients, improving their workout form and providing the fun and motivation that will keep them coming back for more.

In this bonus you'll find a month of 'done for you' workouts so you can print and go. Keep in mind equipment and space requirements. These elements are laid out for you.

Each workout is 'about' 50 minutes long, but you can easily change the timing to accommodate your boot camp time. More recently, I've moved to *shorter* boot camp sessions, in fact, 30 and 40 minute sessions and have been very successful with this camp length.

Research suggests that it's *INTENSITY over duration* that accounts for the majority of fat loss results (with fat loss being the #1 reason most clients are in boot camp). By providing shorter and more intense workouts, you can have your clients burn an equal amount of fat in half the time. This takes away the #1 objection to exercise, 'I don't have time'.

If you choose to shorten the workout, ensure that you choose the MOST intense sets/circuits, eliminate rests and tell your clients that they can rest when they need to and join back in when they're ready. The goal for my boot camp sessions is to keep constant movement with no more than 30 seconds down time or rest throughout the entire session.

In an effort to provide you MORE work to do with your clients, than less, I've given you the longer workouts and you can cut out a set to suit your needs. In my teaching career, I constantly over planned so I'd never fall short with more time on my hands and nothing to do with my students, I often plan boot camp in a similar way. It's easier to take off a set than to think of a new one, especially for beginner trainers.

Also, keep in mind that every boot camp setting is different. These workouts are intended for you to change as you see fit to best suit your setting and client needs.

It's obvious that as a boot camp owner you've had all your clients sign the necessary waivers to protect against lawsuit. Here's my disclaimer and one that you need to review before delivering any Boot Camp Challenge workout to your clients:

Disclaimer:

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

Safety First

You will only get positive results from this program if you are performing the exercises correctly. Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises. Do NOT do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always error on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.
9. Do NOT skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

Metabolic Charger 1
Equipment needed
-individual DB's and mats
Space needed
-no special space required, can be done in a small space
Warm up
Do the following: <ul style="list-style-type: none"> • 30 jump rope • 20 jumping jacks or step jacks • 10 kneeling push ups • 30 second plank hold Repeat three times 5 min
Workout
A " Metabolic " Workout features a total body workout in alternating set or circuit format that combines the muscle building benefits of resistance training with the cardiovascular benefits of cardio training.
Do 4 complete sets of the exercises on the list:
Prisoner squat (hands behind head) Triple stop push up (or regular push up) X mountain climber Reverse Lunge to knee Spiderman push up Squat jump Lateral lunge Rolling Plank Burpee Gets ups Shoe touch
Timing: *Suggestion – Give a 5 second transition before starting the next exercise Set 1 - 40 seconds/exercise for a 9 min set. Set 2 - 35 seconds/exercise for a 8 min set. Set 3 - 30 seconds/exercise for a 7 min set. Set 4 - 25 seconds/exercise for a 6 min set.
Take 30 sec rest between complete sets. (This should take about 30 min)
The Chase! Keep rotating through each exercise on command (25-45 sec.) Drop for push-up 'hit the deck!' Flip and bicycle 'ride your bike!' Stand and jog in place 'run away!' Foot ball drill 'alligators!' Arm circles 'surrender!' (active recovery) 3 -5 min
30/05 Timing for Abs (work 30 sec/5 sec transition to next exercise) -spider crawl -mountain climber -shoe touch -rolling plank -front plank – body saw -spider crawl -side plank right--side plank left -bird dog right-bird dog left 5 min
Cool down
Easy stretches – focus on hamstrings, IT band, back and triceps

10 Sets to Toned
Equipment needed
-individual DB's and mats -skipping rope
Space needed
-no special space requirement
Warm up
Play "Rock/paper/scissors" with campers (winner does 5 jacks/loser does 3 push ups), play for 2 min and have campers get to as many people as they can
Do some dynamic stretches including calf raises, arm swings, an easy jog 400 m. 3 min
Workout
<p>Circuit 1: Do 10 reps each:</p> <ul style="list-style-type: none"> • Jump rope (75reps) or run 400m • push ups • squats • shoulder press squat • reverse fly • double arm row • lateral raise • reverse lunges (per leg) • spider crawl (per leg) • shoe touch (per side) <p>Count down reps, so first set do 10 reps of each, second set do 9 reps of each, third set do 8 reps of each etc. Call this workout at 20-25 min.</p> <p>Circuit 2: 10 Set Interval :</p> <p>40/20 Sets (40 sec of ex 1 followed by 20 sec of ex 2):</p> <ol style="list-style-type: none"> 1. push up/plank 2. DB lateral/shoulder press 3. DB tricep overpress/get up 4. DB deadlift burpee/bent over row 5. squat/squat pulse 6. rev lunge R/split stance squat hold R 7. rev lunge L/split stance squat hold L 8. stiff legged deads/rev bridge pulse 9. mountain climber/plank reach 10. knee in/shoe touch <p>Repeat</p>
Cool down
-cool down with basic stretches 5 min

How Many Reps?
Equipment needed
-mat, DB's, jump rope, flight of stairs or hill
Space needed
-large open area, set of stairs or hill
Warm up
Do the following: <ul style="list-style-type: none"> • 30 jump rope • 20 jumping jacks or step jacks • 10 kneeling push ups • 30 second plank hold Repeat three times (5 min)
Workout
Make a sign for each circuit. Time each circuit for a pre-determined time (5 min). Do the workout at the beginning of your sessions and repeat at the end to compare fitness gains.
Circuit#1 Card Count – How many cards? Set your timer for 5 minutes. Place a deck of cards at the top of a flight of stairs/hill. Run up the stairs/hill and collect a card then run down the stairs/hill and place the card at the bottom of the stairs/hill. The object of this circuit is to get as many cards as possible in the time limit. If the deck is used, begin counting again. If no hill/stairs are available, run across a length of field.
Circuit #2 Push Up Til You Drop – How many circuits? Set your timer for 5 minutes. 50 high knees, then do: 10 push ups 10 get ups (5R/5L) 10 shoulder press squat 10 tricep extensions with DB Repeat
Circuit #3 – Leg Liquidizer – How many circuits? Set your timer for 5 minutes. Skip 50 counts, then do: 20 squats 10 squat jumps 20 lateral lunges (10R/10/L) 20 reverse lunges (10R/10L) Repeat
Circuit #4 – Core Compressor – How many circuits? 20 mountain climbers, then do: 20 x body mountain climbers 20 shoe touches 20 spider crawls 30 second plank Repeat
Circuit #5 – Back Booster – How many circuits? Set your timer for 5 minutes. 4 suicide sprints, then do: 20 DB rows (10R/10L) 10 DB lateral raise 20 bicep curls add wall sit if wall is available Repeat
(This circuit should take about 30 minutes.)
Do 30/05 Abs (30 sec work/05 sec rest/transition)

1. shoe touch
2. spider crawl
3. plank
4. shoe touch
5. x body mountain climber
6. side plank (add crunch to intensify)
7. side plank (add crunch to intensify)
8. shoe touch
9. bird dog R
10. bird dog L
11. rolling plank

(7 min)

Cool down

Take 5 minutes to stretch, cool down and relax.

Full Body Card Pull

Equipment needed

- jump rope, mat, DB's, playing card deck

Space needed

-no special space requirements

Warm up

- Do 20 reps of the following:
- Stationary skip hops
 - Squats
 - Kneeling push ups
 - Mountain climbers

Repeat three times

Workout

Draw **3 cards** to determine how many reps you will do of each exercise. Move quickly from one exercise to the next.

Repeat workout, or go through the deck twice.

1. push up
2. mountain climber
3. single arm DB row (double DB's, do both arms)
4. skip rope
5. DB lateral raise
6. jumping jack
7. weighted squats
8. squat jumps
9. tricep overhead press
10. speed skater lunge jumps
11. shoe touch
12. skip rope
13. bicep curls add wall sit if possible

Cool down

- Take 5 minutes to stretch, cool down and relax.

50/10 Full Body Systematic Sizzler

Equipment needed

- individual DB's and mats
- skipping ropes
- stop watch, Gymboss or timer of some sort

Space needed

- large open space
- hill
- bleachers or benches

Warm up

Dynamic warm up:

- arm circles, squats, lunges, lateral lunges, calf raises

-12 jacks, 12 shoulder press/squats, 12 bicep/lunges

-8 jacks, 8 shoulder press/squats, 8 bicep/lunges

-6 jacks, 6 shoulder press/squats, 6 bicep/lunges

Easy lap around perimeter of field

5 min

Workout

Set your gym boss to 50 seconds of work and 10 seconds transition for sets 1-6.

Set #1

1. Prisoner squat
2. Pulsing squat
3. Reverse lunge
4. Squat jump (pulsing squat to modify)
5. Stiff leg deadlift

Cardio burst –skip 2 min high knees

Set #2

1. Ham curls with glider or stability ball
2. Lunge slide right (with glider) or reverse lunge right
3. Lunge slide left (with glider) or reverse lunge left
4. Lateral hops
5. Goblet switch lunge

Tabata - squat jump side touch 20/10 6 sets (3 min)

Set #3

1. Triple stop push up
2. Body saw
3. Push up/knee touch/bird dog
4. Get up or DB tricep kick back
5. Spider crawl

Tabata mountain climber/jack alternate 20/10 6 sets (3 min)

Set #4

1. DB bent over row
2. DB reverse fly
3. DB split stance row right
4. DB split stance row left
5. Wall sit bicep curl

Cardio burst - skip 2 min

1. DB rev fly
2. DB lateral raise

3. DB shoulder press squat
4. Get up
5. Bicep curl wall sit

Tabata speed skater lunge jump 20/10 6 sets (3 min)

Set #5

1. Body saw plank
2. Side plank crunch
3. Side plank crunch
4. Mountain climber (plank to modify)
5. Shoe touch

Cardio burst – Suicide sprints for 2 min

Cool down

-over all stretches at mats
5 min

Pick Your Poison Plyo
Equipment needed
- mat, DB's, something to jump over such as a hurdles, pylons, cones, bleach bottle, stop watch
Space needed
-Large open space
Warm up
- Do the following: <ul style="list-style-type: none"> • 10 prisoner squats • 10 lateral lunges • 10 reverse lunges • 10 kneeling push ups • 30 seconds stationary run Repeat three times (5 min)
Workout
Plyo pyramid – Do 10 jumps over obstacle/10 push ups, 9 jumps/9 push ups, etc. continue until you do 1 jump/1 push up and begin working back up until time is up. Intensity of jumps-2 foot to 2 foot is most intense, 1 foot to 1 foot the least (5 min)
Plyo tabatta – 20 seconds jumping over obstacle, 10 seconds rest 10 sets (for those with gas in the tank, jump over, deep squat, touch the ground with hands) (5 min)
Wall sit/pylo tabatta – Same as above: 20 seconds jumping over obstacle, 10 seconds rest 20 seconds wall sits, 10 seconds rest 10 sets (5 of each exercise) (5 min)
Plyo/DB –Alternate the following sets: <ul style="list-style-type: none"> • 10 x DB renegade row, 20 jumps over obstacle, 20 shoe touches, 20 high knees • 10/leg reverse lunge (pass DB under knee), 20 jumps over obstacle, 20 spider crawl, 20 butt kicks • Repeat this sequence 3 times (10 min)
Plyo circuit – Have everyone take their obstacle and place it on the field so that it becomes a giant obstacle course. Campers can choose to go over or around each obstacle. Do 30 seconds of the obstacle course circuit, then stop and do 30 seconds of the exercises listed: <ul style="list-style-type: none"> • Squats jumps • Jumping jacks • Jump lunges • High knees • Mountain climbers • Running butt kicks • Push ups • Speed skater lunge jumps • Rolling plank (20 min)
Cool down
- Take 5 minutes to stretch, cool down and relax.

300 Rep Workout
Equipment needed
-DB's, mats, pull up station (rings, TRX or something similar)
Space needed
-large open space
Warm up
Power walk 50 m, 10 squats/10 lateral lunges/10 kneeling push ups Jog return 50 m, 10 squats/10 lateral lunges/10 kneeling push ups Power walk 50 m, 5 squats/5 lateral lunges/5 kneeling push ups Jog return 50 m, 5 squats/5 lateral lunges/5 kneeling push ups
Workout
<p>-Make a copy or post this workout on a big board. -Encourage and circulate to ensure that peeps are using good form and pushing themselves. -Record time and repeat this workout later in the boot camp. Get peeps to check their time so they have a goal to beat their previous time. -Do the following sets for time:</p> <ol style="list-style-type: none"> 1. Squats (add DB's optional) – 15 reps 2. Get up – 5 reps per side 3. TRX suspended row– 10 reps 4. Side Plank Crunch – 10 reps per side 5. Shoe touch– 25 reps 6. One arm DB row - 15 reps per side 7. Power lock Pushup – 10 reps per side 8. Reverse Lunge to knee – 10 reps per side 9. TRX pull thru – 10 reps 10. Spider crawl – 20 reps 11. Triple Stop Pushup – 10 reps 12. Lunge Jump – 10 reps per side 13. Reverse Fly – 20 reps 14. X-body Mountain Climber – 10 reps per side 15. Front plank – 60 second hold 16. Push up, knee touch, bird dog – 10 reps per side 17. TRX pike – 20 18. Reverse Bench Step– 15 reps per side 19. Renegade Row – 10 reps/side 20. Spiderman Crawl – 10 reps per side 21. Burpees – 10 reps <p>(Give 30 min for this circuit, some will finish, some won't, then move on...)</p> <p>For those that finish, give the following circuit: Dirty Dozen: 12 reverse fly, sprint 50 m, 12 push ups 11 reverse fly, sprint 50 m, 11 push ups 10 reverse fly, sprint 50 m, 10 push ups Work down to 1 rep of each...</p>
Cool down
Take 5 min to cool down stretch and relax.

Count It Down
Equipment needed
-jump rope, DB's, mats, cones to set up suicide sprint
Space needed
-any open space
Warm up
Easy jog 25 m, 10 squats Easy jog 25 m, 10 kneeling push ups Easy jog 25 m, 10/side lateral lunges Easy jog 25 m, 20 calf raises Repeat doing 5 reps of the above
Workout
Start with a full field suicide sprint (that is, run to the first line, back pedal to the start, run to the second line, back pedal to the start, run to the third line, back pedal to the start, run to the end of the field, sprint to the start.) *If you have no field, do 100 skips between sets of the exercises following Then follow with 10 reps of the following: <ul style="list-style-type: none"> • DB row (each arm) • Deadlift (burpee optional) • Squat • Pulsing squat • Reverse lunge (each leg) • X body mountain climbers (each leg) • Lateral lunge (each leg) • Push ups • Shoe touch (per leg) • Spider crawl (per leg) Do the full field suicide sprint then..follow up with 9 reps of the above, then 8 reps, 7 reps...
Cool down
-Take 5 min to stretch, cool down and relax

The Eliminator
Equipment needed
-DB's, mats, jump rope
Space needed
-large open space
Warm up
Do the following: <ul style="list-style-type: none"> • 30 jump rope • 20 jumping jacks or step jacks • 10 kneeling push ups • 30 second plank hold Repeat three times (5 min)
Workout
Start the workout with 10 reps of each exercise, finish with skips. Then do 9 reps of each exercise, finish with skips. Then do 8 reps of each exercise, finish with skips. Count down to 5 reps... <ol style="list-style-type: none"> 1) squats 2) spiderman push up 3) Get ups 4) DB lateral raise 5) Goblet switch lunge 6) Jumping Jacks 7) One Arm DB row/side 8) Side plank crunch /side 9) Triple stop push-ups 10) Wall sit bicep curls 100 skips This should take about 25-30 min
Squat jump/push up pyramid 1 push up 1 squat jump 2 push ups 2 squat jumps 3 push ups 3 squat jumps Work up to 10 Work back down to 1 (5 min)
Abs 30/05 (work 30 sec/transition 5 sec) -side plank -side plank crunch crunch -side plank -side plank crunch -shoe touch -front plank -spider crawl -mountain climber (4 min)
Cool down
Take 5 min to cool down, stretch and relax.

Halloween Junkyard

Equipment needed

-dollar store junk (eg, plastic army men, birds, blocks, dice, clothes pins,poker chips, etc anything, just have a ton), OR a good variety of mini chocolate bars, DB's, mats

Space needed

-large open space

Warm up

Dynamic Stretches as a group- arm circles, squats, calf raises, kneeling push ups, short plank hold, knee ins
3 min

Wall sit Relay – Line up on a wall. The last person in the line, jogs to the front and assumes a wall sit. Once this person touches their back to the wall, the last person in the line, jogs to the front and assumes the wall sit. Continue until all campers have run to the front. With a large group, start at opposite ends of an arena or wall and race to a certain point.

6-8 min

Workout

In partners, one partner does a plank while the other runs to the other end of the field to collect a piece of junk. Put the junk on a mat.

Give 5 min to collect junk.

Ask campers to pick their 4 fav pieces of junk (all different), OR 4 of their favorite treats.

Do four 4 min tabatas (20 sec work/10 sec rest) using the following chart (or make a similar chart based on the junk or candy that you have, this is just an example of what you could do):

- Army man/Aero bar- triple stop push ups
- Dinosaur/Kit Kat- shoulder press/squat
- Bird/Licorice- skipping
- Clothes pin/Oh Henry- lateral lunge
- Poker chip/Wunder Bar- burpee
- Block/Cookie's N Crème)- mountain climbers
- Dice/Rockets- broad jumps

(Everyone may be doing a different exercise while doing the tabata)

Plank Hurdles

Have campers line up in a row, shoulder to shoulder with about a meter between each other. Start from one end of the line and a camper stands up and runs 'hurdles' over all the campers (They can run beside them if they think they'll trip). Once they reach the end of the line, they assume the plank position. Have each camper run the hurdles. You may have to break your group up into two rows depending on the size of the group or their fitness level. (5 min)

Cool down

Take 5 min to cool down, stretch and relax.

Boot Camp Black Out
Equipment needed
-poker chips (lots), 'bingo' cards (see example below), DB's, mats, skipping ropes, obstacles such as hurdles, hoops, agility ladder etc (if doing the obstacle course option)
Space needed
-large open space
Warm up
Start at one end of a field, mark off four lines 25 m apart for a total 100 m: -run to line one, 10 squats, return to start -run to line 2, 10 push ups, return to start -run to line 3, 10/side lateral lunge, return to start -run to line 4, 10/side mountain climbers, return to start Repeat (5 min)
Workout
Blackout - Set up campers at the end of the field. Each camper gets a 'bingo' card (see example following). Each camper must run to the bucket of poker chips placed at the opposite end of the field and they get one chip. They return to their mat and put the chip on an exercise. They perform the exercise and then return to the bucket for another chip. The game continues until someone finishes or time is up. If your fastest camper finishes earlier than you anticipated, have them reverse the process, that is, the can do each exercise and then return the poker chip. Optional Obstacle Course: Instead of a straight run to the bucket, an obstacle course can be set up so that campers need to go through the obstacles to get the chip. Cardio options: Set up a bucket at half field, $\frac{3}{4}$ field and full field. Challenge campers to go the distance to the furthest bucket, but allow campers to decide how much running they want to do. Change the movement to a skip hop, shuffle, back pedal, use your imagination. (30 min)
Abs – 30 sec work/5 sec transition -side plank -side plank crunch -side plank -side plank crunch -shoe touch -front plank -spider crawl -mountain climber (4 min)
Cool down
Take 5 min to cool down, stretch and relax.

Boot Camp Blackout! (sample)

20 triple stop push ups	20 prisoner squats	100 skips	20 mountain climbers
20 DB row (10R/10L)	20 reverse lunge	20 jumping jacks	20 spider crawls
20 DB lateral raise	20 wall sit bicep curls	20 shoulder press squat	20 shoe touches
10 get ups (5R/5L)	20 lateral lunges	10 burpees	Rolling plank 10 per side

Progressive Suicide Sprint Circuit
Equipment needed
-cones to set up 5 lines for suicide sprint, DB's, mats
Space needed
-large open space
Warm up
Easy jog 25 m, 10 squats Easy jog 25 m, 10 kneeling push ups Easy jog 25 m, 10/side lateral lunges Easy jog 25 m, 20 calf raises Repeat doing 5 reps of the above
Workout
Do 5 reps of the following exercises and follow it with a progressive suicide sprint: Push ups, spider crawls, shoe touch, prisoner squats *suicide sprint: run forward to first line, run backward to start, run forward to second line, run backward to start, continue for 5 lines Follow with 10 reps of the above exercises, the progressive sprints, then 15 reps of each exercise and a progressive sprints, then 20 reps of each exercise and the sprints. 50:10 AB work (50 sec of work with a 10 sec transition) X body mountain climber Plank - body saw Shoe touch Side plank crunch Side plank crunch 50:10 Full Body (50 sec of work with a 10 sec transition) One arm support push up (change arms at half way point) Shoulder press squat Alternate push up to side plank Rev lunge (change legs at half way point) Hamstring curl on ball or gliders Partner 100 Circuit Together partners must get 100 reps of the following exercises. (You cannot move to the next exercise until you finish the one you're doing.) Take turns, cheer each other on: <ul style="list-style-type: none"> • Shoulder press squat • Renegade rows • Power lock push ups • Mountain climbers • Wall sit bicep curl • Squat jumps • DB lateral raise • Jumping jacks • Pulsing squat • Lateral lunges 100/side • Stiff legged dead lift • Shoe touch 100/side
Cool down
-Take 5 min to cool down, stretch and relax.

Is It Time Yet?
Equipment needed
-DB's, mats, benches, gliders, timer
Space needed
-large open space, benches
Warm up
-walk 25 m, 10 squats -jog return, 10 kneeling pushups -jog 25 m, 10/leg lateral lunges -jog return, 20 calf raises Repeat (5 min)
Workout
Set 1 – 50 sec work/10 sec rest of these: Wall sit/bicep curl Forward suicide sprint Squat DB lateral raise Lateral suicide sprint
Set 2 - Dirty Dozen 12 stiff leg deadlifts Sprint 25 m 12 triple stop push ups Jog return 25 m Repeat doing 11 deadlifts, 11 pushups, 10 deadlifts, 10 push ups, etc (10 min)
Set 3 50 sec work/10 sec rest of these: Ham curl on ball or glider Mountain climber Rolling plank Reverse lunge to knee right Reverse lunge to knee left
Set 4- Benches 50 sec work/10 sec rest of these: Incline push up Reverse bench step Bench dip Reverse bench step Incline push up
Set 6 – 20/10 tabatta 8 sets (4 min) 20 sec of the following, followed by 10 sec walk or jog: burpee
Set 7 – Ab Magic 30/05 Side plank r/l Front plank Shoe touch Side plank crunch Side plank crunch
Cool down
-Take 5 min to cool down, stretch and relax.

3 Sets to Soreness

Equipment needed

-DB's, mats, cones/pylons

Space needed

-large open space

Warm up

Set up pylons/cones on the field 25 m apart:
-walk to cone #1, do 20 jacks, jog return to start
-walk to cone #2, do 20 squats, jog return to start
-jog to cone #3, do 20 kneeling push ups, jog return to start
-jog to cone #4, do 20 (10/leg) lateral lunges, jog return to start
Repeat

Workout

Set up field/space with pylons or cones on 4 lines an equal distance apart, about 25 m if possible.

Set 1: Ten to One – Start with **10 reps** of each exercise and then count down to **one rep**

Push ups
Lunge walk to cone 1
Lateral lunges
Skip hop to cone 2
Shoe touches
Lunge walk to cone 3
Spider crawl
Skip hop to cone 4
Sprint return to start and repeat
(10 min – some clients will get more done than others)

Set 2:

20 shoulder press/squat
Sprint to cone 1
15 Jumping jacks
Sprint to cone 2
10 burpees
Sprint to cone 3
5 push ups
Easy jog return to start (active recovery) and repeat
(10 min - some clients will get more done than others)

Set 3:

20 Reverse fly
20 Reverse lunges (add DB's to increase intensity)
20 shoe touches
10/arm get ups
*Count down 20 reps, 18 reps, 16 reps...2 reps)
(10 min - some clients will get more done than others)

Abs 30/05 (work 30 sec/transition 5 sec)

-side plank
-side plank crunch
-side plank
-side plank crunch
-shoe touch
-front plank
-spider crawl
-mountain climber
Rest 30 sec
Repeat (9 min)

Cool down

Take 5 min to cool down, stretch and relax.

30-60 Intervals
Equipment needed
-DB's, mats, benches or bleachers
Space needed
-large open space, benches or bleachers
Warm up
Widths across about 25 m: Power walk with arm circles, do 20 calf raises Easy skip return, 10 squats Easy jog, 5 push ups, easy jog return Repeat (finish with 70% run on the easy jog section) (5 min)
Workout
<u>30-60 Workout description:</u> Alternate doing 30 seconds of a high intensity cardio option like a burpee, burpee plus, broad jump, mountain climber, with the recovery strength set: Recover 60 seconds and do the following weights: <ul style="list-style-type: none"> • DB lateral raise • Shoulder press squat • Reverse fly • Reverse Lunge DB pass under leg • Get up • Pulsing squat • Wall sit DB curl • Goblet switch lunge • Lateral lunge • Triple stop push ups • DB row weak arm • DB row strong arm • Stiff legged dead lift • Rolling plank • Shoe touches <p>Go to the benches with water and DB's:</p> <p><u>Set 1</u> - Squat/incline push up on bench pyramid: do 10 squats (butt down to bench, hover and stand back up), then 10 incline push ups, do 9 squats, do 9 incline push ups....do 1 squat, do 1 incline push up...work back up to 10 again (time group for 5 min)</p> <p><u>Set 2</u> - 20 DB lateral raises/20 bench dips/20 squat jumps Repeat set (time group for 5 min)</p> <p><u>Set 3</u> - 20 right arm DB row (left knee on bench)/20 left arm DB row (right knee on bench)/20 jumping jacks Repeat set (time group for 5 min)</p> <p>Abs – plank, side planks</p>
Cool down
Take 5 min to cool down, stretch and relax.

TRX Torture and Other Torments
Equipment needed
-TRX's, DB's, mats
Space needed
-large open space, somewhere to hang TRX's
Warm up
20 jacks, 20 squats, 20 standing push ups vs wall, 20 calf raises 15 jacks, 15 squats, 15 kneeling push ups, 15 calf raises 10 jacks, 10 squats, 10 push ups, 10 calf raises Easy run 200 m
Workout (see www.fitnessanywhere.com >exercise library to refer to TRX exercises)
Break your group into 3 if needed Timing: 50/10 (50 sec work/10 sec rest or transition) Repeat each sequence twice: <u>Station 1:</u> Trx row Trx pull thru Trx bicep curl Trx chest press (standing push up) Trx tricep press (10 minutes) <u>Station 2:</u> Push up Squats (DB on shoulders) DB row weak DB row strong Renegade row (10 minutes) Station 3: Windsprint Relay -in groups of 3, two campers on one side, one camper on the other side of about 25 m, campers take turns sprinting then tag the next in the group. Add a wall sit while waiting turn to sprint (10 minutes) Abs 30/05 (work 30 sec/transition 5 sec) -side plank -side plank crunch -side plank -side plank crunch -shoe touch -front plank -spider crawl -mountain climber Rest 30 sec Repeat
Cool down
Take 5 min to cool down, stretch and relax.

Time's a Ticking Intervals

Equipment needed

-DB's, mats, timer such as a Gymboss

Space needed

-large open space

Warm up

30 seconds per exercise:

Jumping Jacks

Pushup

Stick-up

Running in Place

Rest 30 seconds

Repeat

(5 min)

Workout**50:10 Interval Set (50 sec work/10 sec rest)**

Prisoner squat

Pulsing squat

Renegade row

Mountain climber

Body saw

(5 min)

20:10 Interval Set (20 sec work/10 sec rest)

Alternate:

Skier hops

Squat jump

Repeat

(4 min)

50:10 AB work (50 sec work/10 sec rest)

Knee in

Plank reach

Shoe touch

Leg raise/hip lift

Spider crawl

(5 min)

20:10 Interval Set (20 sec work/10 sec rest)

Alternate:

Mountain climbers

Body saw

Repeat

(4 min)

Continuous 30's Strength/Cardio Mix Up

Alternate the strength segment with the cardio segment:

DB row left
DB row right
Push ups
Prisoner squats
30 sec rest

Stationary sprint
Jumping jacks
Skier hops
Lateral hops
30 sec rest
Repeat!
(10 min)

20-10 Tabata Legs Circuit

1- 20-10 Reverse lunge Left leg
2- 20-10 Reverse lunge right leg
3- 20-10 jumping lunges
4- 20-10 pulsing squats
Repeat this circuit 2x for 4 total minutes

Cool down

Take 5 min to cool down, stretch and relax.

Metabolic Charger 2
Equipment needed
-individual DB's and mats
Space needed
-no special space required, can be done in a small space
Warm up
<p>Do the following:</p> <ul style="list-style-type: none"> • 30 squats • 20 jumping jacks or step jacks • 10 kneeling push ups • 30 second plank hold <p>Repeat three times 5 min</p>
Workout
<p>A "Metabolic" Workout features a total body workout in alternating set or circuit format that combines the muscle building benefits of resistance training with the cardiovascular benefits of cardio training.</p> <p>Do 4 complete sets of the exercises on the list:</p> <p>Goblet swing lunge Triple stop push up (or regular push up) Get up Reverse Lunge to knee Reverse Lunge to knee DB row DB row (other arm) Pulsing Squat Lateral lunge Body saw Burpee Shoe touch</p> <p>Timing: *Suggestion – Give a 5 second transition before starting the next exercise Set 1 - 40 seconds/exercise for a 9 min set. Set 2 - 35 seconds/exercise for a 8 min set. Set 3 - 30 seconds/exercise for a 7 min set. Set 4 - 25 seconds/exercise for a 6 min set.</p> <p>Take 30 sec rest between complete sets. (This should take about 30 min)</p> <p>50:10 Interval Set (50 sec work/10 sec rest) Prisoner squat Pulsing squat Renegade row Mountain climber Body saw (5 min)</p> <p>30/05 Timing for Abs (work 30 sec/5 sec transition to next exercise)</p>

-spider crawl -mountain climber -shoe touch -rolling plank -front plank – body saw -spider crawl -side plank right--side plank left -bird dog right-bird dog left 5 min
Cool down
Easy stretches – focus on hamstrings, IT band, back and triceps
100, 200, 300 Rep Day
Equipment needed
-TRX's, DB's, mats
Space needed
-large open space, place to hang TRX, DB's, mats
Warm up
20 jacks, 20 squats, 20 kneeling push ups, 20 calf raises 15 jacks, 15 squats, 15 kneeling push ups, 15 calf raises 10 jacks, 10 squats, 10 push ups, 10 calf raises Easy run 200 m (5 min)
Workout
Campers choose the TOTAL number of reps they want to aim for. When doing the workout, they can get the total number of reps for each exercise in any combination as they like (eg. 5 x 10 reps, 10 x 5 reps). Give 20-25 minutes. Put workout up on a white board:
100 Reps 20 prisoner squats 20 push ups 10 squat jumps 10 TRX rows 10 TRX pull thru's 20 reverse lunges with DB pass 10 get ups
200 Reps 10 burpees 20 prisoner squats 20 push ups 20 squat jumps 20 TRX rows 20 TRX pull thru's 20 TRX pike 20 stability ball or glider ham curls 20 per leg reverse bench steps 20 per leg lunges with DB pass 10 per arm get ups 20 weighted squats 20 DB rows/arm
300 Reps 20 burpees 20 prisoner squats 20 push ups 20 squat jumps 20 TRX rows 20 TRX pull thru's 20 TRX pike 20 stability ball or glider ham curls

20 per leg reverse bench steps
20 per leg lunges with DB pass
10 per arm get ups
20 weighted squats
20 DB rows/arm
20 per leg mountain climbers
20 reverse fly
20 stiff legged deadlifts
20 broad jumps

Burpee till you Barf!

In the remaining time, do this circuit. Do one burpee (described below) and then run 200m, up a hill or give some kind of cardio burst. Then do 2 burpees (described below), then the cardio. Work for 10-15 min while adding more burpees.

Single burpee complex:

1. DB lateral raise
2. shoulder press/squat
3. Reverse lunge r/l
4. bent over row
5. renegade row r/l (DB's/feet to ground)
6. T push up r/l (drop DB's)
7. Get up r/l
8. spider crawl r/l
9. mountain climber r/l
10. jump back up

Cool down

Take 5 min to cool down, stretch and relax.

'To Badda for You' Tabatas
Equipment needed
DB's, mats
Space needed
-large open space
Warm up
30 seconds per exercise: Jumping Jacks Pushup Lateral lunge Running in Place Rest 30 seconds Repeat(5 min)
Workout
<p>20-10 Tabata – Repeat 2x for 8 min</p> <ol style="list-style-type: none"> 1. Plank (alternate elbow to rib) 2. Squat with single arm DB alternating shoulder press 3. DB Stiff leg deadlift 4. Jumping jack 5. Rolling plank 6. Lunge jumps or squat jumps 7. Burpee 8. Speed skater lunge jumps <p>*Easy, limit impact on jumps etc first time through, go hard second time through</p> <p>30-30 Full Body – 20 min Perform DB exercise followed by cardio burst for 30 sec each:</p> <ol style="list-style-type: none"> 1. One arm DB row L/mountain climber 2. One arm DB row R/ mountain climber 3. Spiderman push up/jumping jack 4. Prisoner squat/speed skater lunge jump 5. Shoe touch/suicide sprint 6. DB stiff legged deadlift/sprint or stationary run 7. DB lateral raise/squat jump 8. Lateral lunge/squat jump 9. Shoe touch/lateral suicide sprint 10. Plank/mountain climber 11. Side plank R/skier hops 12. Side plank L/skier hops 13. Get up/squat jump <p>REPEAT</p>
Cool down
Take 5 min to cool down stretch and relax.