

The World's **45** TOP Boot Camp Exercises



SHAWNA KAMINSKI, CPT
WWW.CHALLENGEWORKOUTS.COM
SHAWNA KAMINSKI, CPT
WWW.CHALLENGEWORKOUTS.COM

Welcome!

Guess what? You've already proven yourself to be a world-class trainer because you're gathering valuable information that you can use with your clients.

In this library, you'll find 45 exercises that I've found to be invaluable to the success of my boot camp. I own a successful Fit Body Boot Camp and I also run the Fit Body Boot Camp University, where I train trainers how to run their camps. You can be sure that I know my stuff.

(As an aside, if you're a struggling boot camp owner, you should consider the opportunities that owning your own Fit Body Boot Camp franchise can offer you. You can find out more about Fit Body Boot Camp [HERE](#).)

As well, I went to other experts in the boot camp field to get their input. Not only are my contributors expert trainers that currently run (or have run) multiple six figure boot camps, they're good friends and all around great people. My advice is to get your hands on anything that they've done, as it will help your boot camp grow exponentially.

Use this guide to keep your clients safe, as these are 'boot camp approved' exercises. Also, help them get the results they desire by creating your workouts around these exercises.

A little about my contributors:

Mike Whitfield CTT



Mike is also known as 'Mr. Finisher' or 'The Finisher Guy'. He has lost 105 pounds, propelling his passion into the fitness industry. His effective approach of using unique metabolic workout finishers has helped thousands of people lose fat and improve their conditioning through his online and offline programs, while getting addicted to working out. He is known across the fitness industry for his "metabolic finishers" and his work has been seen on the blogs of Men's Health, Turbulence Training, the AJC and more. His blog is at www.trainwithfinishers.com.

You can get his Boot Camp Finishers [HERE](#) (highly recommended).

Brian Kalakay



Brian Kalakay is an ISSA certified personal trainer as well as a Turbulence Training certified trainer. Before he became a trainer, he was a martial artist for 13 years and an instructor for 8 years. Brian helps motivate positive change in peoples' lives while teaching them healthy lifestyle skills. Helping people make permanent/positive lifestyle changes has always been his passion. He runs his own fitness facility and kick a\$\$ boot camps in Lapeer, MI.

You can spice up your boot camps and increase retention rates [HERE](#) (highly recommended).

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.

Table of Contents:

Upper body:

Push up	6
Back push up	6
Spiderman push up	7
Support one arm push up	7
Triple stop push up	8
Power lock push up	8
Get up	9
DB lateral raise	9
Shoulder press squat	10
Reverse fly	10
One arm DB row	11
Renegade row	11
TRX pull thru	12
TRX suspended row	12
Wall sit bicep curl	13

Lower body:

Squat	14
Pulsing squat	14
Prisoner squat	15
Reverse lunge	15
Reverse lunge to knee	16
Goblet switch lunge	16
Lunge jump	17
Lateral lunge	17
Reverse bench step	18
Stability ball leg curl	18
Stiff legged dead lift	19

Core:

Body saw	20
Mountain climber	20
X body mountain climber	21
Side plank	21
Side plank crunch	22
Rolling plank	22
Push up, knee touch, bird dog	23
Shoe touch	23
Spider crawl	24
TRX pike	24

HIIT:

Broad jump	25
Modified squat thrusts	25
Burpee	26
Burpee plus	26
Lateral hops	27
Skier hops	27
Skip hop	28
Suicide drill	28
Squat jump	29
Speed skater lunge jump	29
Total body extension	30

Upper body

Push- up

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Keep the eyes looking forward versus dropping the chin to the chest.
- **Modify** – drop to the knees



Position A – Push up



Position B – Push up

Back Pushups

- Get into a pushup position on the ground with your fingers facing the outside of your body and keep your arms wide.
- Lower your body while focusing on squeezing your shoulder blades together.
- When you push your body back to the “up” position, focus on using your back muscles to push not your arms or chest.
- **Modify** - drop to the knees



Spiderman Pushup

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- Keep your foot off the ground as you do so.
- Push through your chest, shoulders and triceps to return to the start position, and return your leg to the start position. Alternate sides until you complete all repetitions.
- Keep your body in a straight line at all times and try not to twist your hips.
- **Modify** – do the push up, then the spider crawl without bringing the elbow to the knee



Supported One Arm Pushups

- Start in a pushup position
- As you lower your body, place one forearm on the floor.
- Push your body back up keeping the forearm on the ground until you have reached the top of the pushup.
- Repeat this process and alternate sides.
- This simulates a one armed pushup using the forearm as a support.
- **Modify** – drop to the knees



Triple Stop Pushup

- Keep abs braced and body in a straight line from knees to shoulders. Hands should be slightly wider than shoulder width apart.
- Lower into a pushup position, but halfway down pause for one second.
- Then continue to lower yourself until you are 2 inches off the ground. Pause for one second.
- Return to the starting position. That's one rep.
- **Modify** – drop to the knees



Power Lock Pushup

- Start in the regular pushup position, keeping your abs braced
- “Lock” your shoulder blades by keeping them back, down and squeezing them together.
- Maintaining the locked position with your shoulder blades, lower yourself until you are about 2 inches off the ground.
- Push through the chest, shoulders and triceps to the starting position.
- Maintain your shoulders in the lock position during the whole movement.
- **Modify** – drop to the knees



Dynamic plank (Get Up)

- Get into a plank position.
- Lower the body from hand to elbow on one side and then the other to go into the low plank position.
- Push back up, one hand at a time to return to high plank position.
- Alternate the hand that you push up on first each time.
- **Modify** – drop to the knees



DB Lateral Raise

- Hold a DB in each hand.
- Lean forward slightly from the waist, maintaining braced abs.
- Raise the DB's up to the side with thumbs down and pinky finger raised up.
- Return to side position with control.
- **Modify** – Unload, do bodyweight



Shoulder Press Squat

- Hold DB's at shoulder height, thumb side of DB at shoulder
- Extend arms over head and lock elbows
- Return DB's to shoulders
- Squat, sitting hips back and return to standing position
- Chin up, chest high
- **Modify** – Unload the movement, modify the depth of squat



Reverse Fly

- Bend at the waist, keeping the back flat, slight bend at the knees.
- Keep the chin down to keep the head in a neutral position.
- Hold dumb bells in hands and raise arms in a T position to the side.
- Keep thumbs towards the ground and small fingers towards the ceiling.
- Return the dumb bells to the start with control.
- **Modify** – drop to the dumb bells and do only body weight



One Arm DB Row

- Rest the left hand and left knee on a flat bench, lean over and keep the back flat.
- Hold the dumbbell in the right hand in full extension and slowly row it up to the lower abdomen.
- Keep the low back tensed in a neutral position and the elbow tight to the side.
- Do NOT round your lower back.
- **Modify** – lighten the weight/resistance



Renegade Row

- Get into push up position (drop to knees or table top if needed)
- Balance on DB's if using
- Do full push up (optional)
- Then do one arm pull up (if not using DB's, raise hand to chest, elbow high in the air)
- Repeat push up and pull up on opposite arm
- A wide stance with the feet helps to maintain level hips
- **Modify** – Unload, do bodyweight only, eliminate the push up



TRX Pull Through

- Get into a row position
- on the TRX.
- As you pull your body up, only use one hand to pull while the other hand reaches toward the bar that the TRX is hooked to.
- Lower your body back to the start position and repeat the process using the other side.
- **Modify** – Stand more upright.



TRX Suspended Row

- You'll need a TRX or other suspension trainer.
- Face towards the suspension trainer.
- Grasp the handles with an overhand, shoulder width grip, keep palms facing each other.
- Make the body as plank like as possible.
- Row the arms in towards the body, squeezing the shoulder blades together, keeping the chest up.
- **To modify** - move the feet away from the anchor and stand more upright.
- **To intensify** - move feet towards anchor to increase the angle of pull.



Wall Sit Bicep Curl

- 'Sit' against a wall or flat surface, legs at right angles
- Keep head on wall, tight abs
- Hold position for specified length
- Hold DB's to side of legs and do a curl, ensure that the arms come to a full hanging position at the end range
- **Modify** – Unload the movement, do body weight, modify the depth of the wall sit



Lower body

Squat

- Stand with legs hip width apart
- Sit butt down as if sitting in a chair
- Keep abs tight and eyes up
- Push off heels to return to standing position
- Intensify by adding weight at the shoulders (hold as if doing a press)
- **Modify** –unload, modify depth



Pulsing Squat

- Push hips back into sitting position
- Lift and lower hips slightly in pulsing motion
- Maintain sitting position, do not lock the knees into a standing position
- **Modify** – modify the depth, allow the knees to lock to rest the quads when needed



Prisoner squat

- Place hands behind head
- Chin up, squeeze upper back to keep elbows back
- 'Sit' into squatting position and return to standing
- **Modify** – do not go into full the squat position



Reverse Lunge

- Take a big step backwards and bend back knee towards ground
- Keep toes on front foot visible (do not let the knee extend over the toes)
- Keep weight on the heel of front foot as you step forward
- Do the same with the opposite leg
- Add weights to load the movement.
- **Modify** – if the knees are irritated with a lunge, swap out a stiff legged deadlift to work the hamstrings instead, or modify depth



Reverse Lunge to Knee

- Step back into a lunge position
- The leg that you just stepped back with will execute a knee strike
- Repeat the reverse lunge/knee motion on the opposite side.
- **Modify** – take a step back, but modify the depth that the knee lunges



Goblet Switch Lunge

- Stand with your feet shoulder width apart, holding a dumbbell or kettlebell at chest height.
- Step forward with one leg into a lunge position, taking a larger than normal step.
- Drop your back knee just above the ground and bend your front knee as well, keeping your upper body straight.
- Drive through your front leg and bring it behind you, performing a reverse lunge with the OTHER leg.
- That's one rep; repeat for all reps and then switch legs
- **Modify** – Unload the exercise (no added weight)



Lunge Jump

- Start in the bottom of a split squat position. Your front thigh should be parallel to the floor, your torso upright, and your abs braced.
- Jump up explosively and switch leg positions in the air. Your back leg becomes the front leg, and vice versa. Absorb the landing with your muscles. Keep your abs braced and torso upright.
- Alternate sides without resting between sides
- **Modify** – step vs jump



Lateral Lunge

- Take a step directly to the side
- Touch the knee or the toe (if possible) with opposing hand, bending forward slightly at the waist
- Try to keep both feet flat on the ground the entire time
- Push off the heel to standing position
- Repeat on opposite side
- Add a hop in between steps
- **Modify** – touch the knee, modify depth



Reverse Bench Step

- Stand at the top of the bench
- Slowly drop one foot to the ground and touch toe, try not to push off bottom toe
- Lift or 'step up' on heel of top foot
- Repeat on opposite side
- **Modify** – step on a low bench/curb, hold onto a hand rail



Stability Ball Leg Curl

- Lie on your back with the soles of your feet on a medium-sized Stability Ball.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks. Bridge your hips up by contracting your glutes.
- Keep your abs braced and contract your hamstrings and slowly curl the ball back towards your hips while keeping your hips bridged.
- Pause and slowly return the ball to the start position while keeping the hips bridged.
- **Modify** – use a smaller ball, use gliders, do single leg curls on the glider



Stiff Legged Dead Lift

- Hold a bar or DB's at thigh level.
- Fold at the hip, keeping the back flat, chest and chin up.
- Lower the bar to knee level.
- Initiate the return movement from the hips/hamstrings to the start.
- **Modify** – limit the depth, bend at the knee slightly



Core

Body saw

- Support your weight on your forearms and your toes. Put your toes on a towel if you are on a wood floor. If you are on carpet, put your toes on a weight plate.
- Keep your abs braced and breathe normally.
- Slide your feet out behind you 6 inches and then slide them back in.
- It's tough to see in the photos, but you'll feel it when you try it!
- **Modify** – drop to the knees



Mountain Climber

- Get into a plank position
- Draw one knee into the chest, keeping the shoulders over the hands, try to keep the leading toe off the ground
- Switch legs as quickly as possible
- **Modify** – rest when needed, go into a front plank instead



X- Body Mountain Climber

- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your opposite shoulder. Do not let your hips sag.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.
- **Modify** – drop to the knees to rest when needed



Side plank

- Stack feet (or modify by drawing toes back and stacking knees)
- Lift hip off the ground, taking weight on one elbow
- Keep shoulder over shoulder
- Body needs to be in align-shoulder, hip, knee and toe
- Intensify by raising hand over top shoulder
- **Modify** – cross the top leg over the bottom and put weight on the foot, or drop to the knees



Side Plank Crunch

- Start in a side plank position with one hand by your head.
- Touch your elbow to your knee, just like the pictures above.
- Repeat this “crunching” style motion for a bit and then switch sides.
- Make sure to keep your core engaged at all times.
- **Modify** – cross top leg over and touch foot to floor to help support between reps



Rolling Planks

- Start in a side plank position with one arm in the air
- Place the arm in the air onto the ground and “switch” into a side plank on the other side.
- Toggle back and forth, from one side plank to the other side plank.
- **Modify** – drop to the knees



Pushup, knee touch, bird dogs

- Do a pushup
- When you are back in the “up position”, touch your right hand to your left knee
- After they have touched, extend the right hand forward and the left leg backwards making sure the leg is not touching the ground.
- Put the hand and foot back to the ground and repeat this process on the opposite side.
- **Modify** – drop to the knees



Shoe touch

- In face up, prone position, pull heels in tight to butt
- Lift shoulders slightly off the ground, neutral spine (ears in line with shoulders)
- Try to reach to touch same hand to same toe
- Repeat on opposite side
- Keep lower back pressed to ground, tight abs
- **Modify** – rest the head after a rep on either side, then curl the shoulders off the ground and repeat



Spider crawl

- Get into plank position
- Slowly draw one knee towards chest
- Try to keep toe off the ground
- Return the leg to starting position
- Repeat on opposite side
- Ensure the shoulders are directly over the hands
- Keep hips down
- Keep tight abs through out movement
- **Modify** – drop to the knees between reps if needed



TRX Pike

- Brace your abs. Place your feet into the strap handles and your hands on the ground.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Keeping your back straight, pull your feet as close to your hands as possible by contracting your abs and piking your hips up in the air.
- Pause and then return your feet to the starting position.
- **Modify** – use gliders to place feet on vs TRX, rest when necessary



HIIT

Broad Jump

- Start in a partial squat position
- Pushing through the glutes and hips, jump as far as you can
- Land in the squat position to minimize the impact on your joints
- Turn around and repeat
- **Modify** – do a one foot to one foot jump (leap), alternate sides



Modified Squat Thrusts

- Start in a pushup position
- Bring both legs into the chest at the same time
- Hop back to the pushup position
- **Modify** – walk one foot out at a time, walk the foot back in one at a time



Burpee

- From a standing position, drop down into plank position
- Draw the legs back towards the hands and jump up
- Repeat
- (Add a push up from the plank position for a more advanced burpee)
- **Modify** – do a burpee walk out: from the plank position, walk one foot out, then walk the other, then walk the feet in, one at a time
- **Modify** – do a full body extension (eliminate the squat thrust/plank/push up)



Burpee Plus

- Just like a traditional burpee except this time do 2 pushups and two jumps.
- Start standing, Place your hands on the floor on each side of your legs.
- Hop your feet back so that your body is in a pushup position
- Do 2 pushups
- Bring your feet back into your chest
- Do 2 jumps into the air
- Repeat the process
- **Modify** – do a regular burpee or it's modifications

Lateral Hops

- Start in a squat position with your feet close together.
- Keep your head the same height and hop into a wider squat position.
- Hop back and bring your feet together again, keeping your head the same height.
- Repeat this motion.
- **Modify** – step vs hop.



Skier Hops

- Start with your feet together in a “Skier” position
- Hop from one side and back to the other, while keeping your feet together.
- **Modify** – do one foot to one foot hops or steps instead



Skip Hop

- Raise opposing knee/arm as you hop on one foot.
- Can be done with no impact by raising onto the toe only.
- Can be done stationary or moving.
- **Modify** – eliminate the hop and just elevate to the toe



Suicide Drill

- Set up 2 cones, dumbbells, or whatever you have available for markers, about 10-30 feet apart
- Starting at marker 1, run to marker 2 and touch the ground
- Repeat as necessary until time is up
- **Modify** – don't touch the ground, power walk vs sprint or jog



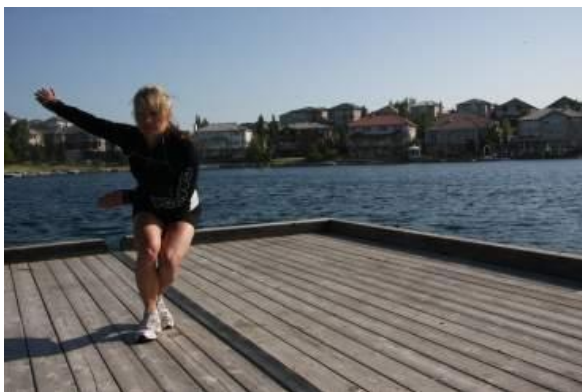
Squat jump

- From squat position, powerfully jump to fully extended position, raise arms overhead
- Decelerate as feet touch the ground, return to squatting position
- **Modify** – eliminate the jump



Speed Skater Lunge Jump

- Get into squat position
- Powerfully jump sideways as far as possible
- Bring legs together and jump to opposite side
- Swing arms
- **Modify** – step vs leap from side to side



Total Body Extension

- Start in the standing position as if you were going to do a bodyweight squat.
- Dip down quickly into a quarter squat and swing your arms behind you by your sides.
- Explode up and extend your body onto your toes, raising your arms overhead.
- Control the descent back and in one movement return to the dip before exploding back up again.
- **This is a non-impact replacement for jumping.**

