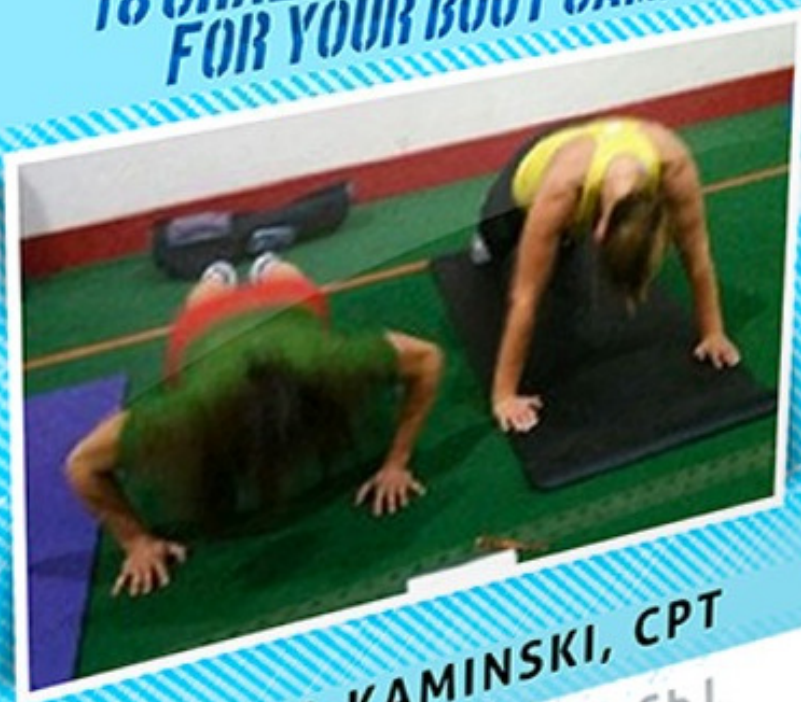


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CHALLENGE WORKOUTS BOOT CAMP EDITION

18 CHALLENGE WORKOUTS
FOR YOUR BOOT CAMP



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Why Boot Camp Challenge Workouts?

Boot camp is a great way for clients to get fit and have fun. Providing them with challenging ways to quantify their progress is an amazing retention tool for any boot camp owner. Every client wants to see that they're making progress by losing weight or inches as well as becoming more fit.

These challenge boot camp workouts will give you the tools to evaluate your boot camper's fitness levels. The purpose of each test is to encourage your clients to improve; thereby improving the fitness parameter tested that month.

The program is based around a twelve-month testing schedule. Each test will be performed and recorded at the beginning of the month. You can choose to repeat the challenge once each week and then re-test and record results at the end of the month to compare results. It's a simple formula for you and your clients to assess fitness progress. Each test lasts between 9-15 minutes.

The workouts are created with a boot camp setting in mind. Fitness tests are easy to deliver in a one-on-one situation, but a group format is more difficult. Each test is created with a group of 20 clients in mind. It's assumed that as a boot camp owner, you will provide the necessary warm up prior to having your clients do the test. With each test, you'll be instructed on what each client needs to record. This will simplify things and make it easier to collect the proper data for each test. Check out the Boot Camp Challenge Workout Record Template following each workout.

Each workout has a few modifications listed. Feel free to swap out any contraindicated exercise for campers as you see fit, but make a note of it. Your job is to provide a safe training environment and set your campers up for success. Provide the necessary modifications to individuals as needed so that the challenge isn't too far out of their reach. **The goal is to have your campers challenged but NOT defeated.** Remember that exercise form and rep *quality* trumps *quantity*. Be a constant 'nag' ensuring your clients are training safely by doing proper form on all reps. This way they can improve their fitness without fear of getting hurt. Each challenge should be met with a positive attitude and as an opportunity for clients to push their limits; it should be 'fun', not viewed as a punishment. Set your clients up for success and encourage them to improve their OWN scores rather than competing with others.

For an added challenge, try one of the Extreme Boot Camp Challenges.

Let's get on with it!

One more thing....

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.

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Workouts 1-7 are body weight only workouts:

Workout #1 - Take Away Bodyweight Challenge

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

Equipment: Timer

Exercises:

Burpees (full body extensions, modified burpee)

Squats

Push ups (modified push up)

Mountain climbers

Bicycle crunches

Rules of the test:

Start at 10 reps of each exercise. Rest as little as possible, do 9 reps of each exercise, count down until the client finishes with 1 rep of each exercise. Stop the clock.

Workout #2 - 'It's Suicide' Bodyweight Challenge

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

Equipment: Timer, cones/pylons

Exercises:

Suicide run

DB lateral raise

Rules of the test:

This test includes suicide runs, or sometimes called 'gasers'. This requires a little more space.

Campers race forward about 4 large strides and then backward 4 large strides. Then they sprint forward 8 large strides and then backward 8 large strides. They continue in this fashion for as large a floor space that you have. It's best if they can run forward for 4 strides, 8 strides, 12 strides, 16 strides, 20 strides. Mark out each distance where campers run to with cones.

*If space is limited, have campers run the 4 stride distance (marked by cones) five times.

Campers do a run, then DB lateral raises. They will count down the DB lateral raises from 10-2 reps (dropping 2 reps each set), doing a suicide run in between each set. The DB lateral raises are the active recovery stage of the test.

Example:

Suicide run, then 10 DB lateral raise

Suicide run, 8 DB lateral raises

Continue in the pattern until you get to:

Suicide run, 2 DB lateral raises

Stop the clock.

Workout #3 - Up 'n Down Bodyweight Challenge

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

Equipment: Timer

Exercises:

Push ups (modified push ups)

Squat jumps (squats)

Rules of the test:

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

1 push up, 2 squat jumps

2 push ups, 4 squat jumps

3 push ups, 6 squat jumps

4 push ups, 8 squat jumps

5 push ups, 10 squat jumps

Continue in the pattern until you get to:

10 push ups, 20 squat jumps

Stop the clock.

Workout #4 - Leg Liquidizer Bodyweight Challenge

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

Equipment: Gymboss timer needed, boxes for box jump

Exercises:

Box jump (squat jump, or just squat)
Bulgarian split squat left
Bulgarian split squat right
Skater jumps (right/left counts as one)
Front plank

Rules of the test:

Set the gymboss for 30 seconds of work with a 7 second transition for 15 rounds.

Each camper needs a pencil and a score sheet with this chart:

Do each exercise in order, count reps for each exercise and record in the chart. The plank is active recovery time. Clients can ensure they record their numbers during this time.

Do the entire group of exercises for five rounds.

Tally up the scores for each exercise, try to beat this number next time.

Challenge Workout #4 Leg Liquidizer
Individual Rep Count Template

NAME OF CAMPER: _____

Record the **number of reps** of each exercise for each set. Use the following table:

TEST 1

| Exercise: | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|-------------|-------|-------|-------|-------|-------|
| Box jump | | | | | |
| Bul squat L | | | | | |
| Bul squat R | | | | | |
| Skaters | | | | | |
| Front plank | ----- | ----- | ----- | ----- | ----- |
| Totals: | | | | | |

Modification notes:

TEST 2

| Exercise: | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|-------------|-------|-------|-------|-------|-------|
| Box jump | | | | | |
| Bul squat L | | | | | |
| Bul squat R | | | | | |
| Skaters | | | | | |
| Front plank | ----- | ----- | ----- | ----- | ----- |
| Totals: | | | | | |

Modification notes:

Workout #5 - Up the Burpee Mountain 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:

Burpee (modified burpee, full body extension)

Mountain climber

Bicycle crunch

Suicide sprint

Rules of the test:

This test is done for 12 minutes.

Start with one burpee and one mountain climber (right knee, left knee counts as one rep), one bicycle crunch (right knee, left knee counts as one rep), jump up and do a suicide sprint.

Campers race forward about 4 large strides and then backward 4 large strides. Then they sprint forward 8 large strides and then backward 8 large strides. They continue in this fashion for as large a floor space that you have. It's best if they can run forward for 4 strides, 8 strides, 12 strides, 16 strides, 20 strides. Mark out each distance where campers run to with cones. If space is limited, have them run the 4 stride distance (marked by cones) five times.

Then campers will add a burpee, mountain climber and bicycle crunch each set.

It will look like this:

1 burpee, 1 mountain climber, 1 bicycle crunch, 1 suicide sprint

2 burpees, 2 mountain climbers, 2 bicycle crunches, 1 suicide sprint

3 burpees, 3 mountain climbers, 3 bicycle crunches, 1 suicide sprint

Add on sets until time is up, only complete sets are counted to record.

Workout #6 - Five to One 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:

5 Push ups (incline or decline, make a note)

4 Squat jumps (squats)

3 Reverse lunges (per leg)

2 burpees

1 suicide sprint

* Suicide sprint - Campers race forward about 4 large strides and then backward 4 large strides. Then they sprint forward 8 large strides and then backward 8 large strides. They continue in this fashion for as large a floor space that you have. It's best if they can run forward for 4 strides, 8 strides, 12 strides, 16 strides, 20 strides. Mark out each distance where campers run to with cones. If space is limited, have them run the 4 stride distance (marked by cones) five times.

Rules of the test:

This test is done for 12 minutes.

Complete each exercise in order. Count up the number of full rounds completed in the time. Record.

Workout #7 - Spiderman Audition Bodyweight Challenge

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

Equipment: Timer

Exercises:

Jumping lunges (or reverse lunges)

Spiderman push ups (modified push up)

Squat jumps (squats)

* For the jumping lunge, a rep is counted as right leg/left leg = one rep.

Rules of the test:

This is a count down set. Campers will start with 10 reps of each exercise, then do 9 reps of each exercise, 8, 7,....1. Stop the clock when they finish one rep of each exercise.

For example:

10 jumping lunges

10 spiderman push ups

10 squat jumps

9 jumping lunges

9 spiderman push ups

9 squat jumps

Continue count down to:

1 jumping lunge

1 spiderman push up

1 squat jump

Workouts 8-18 make use of typical boot camp equipment:

Workout #8 - TRX 40/40 Challenge

Equipment needed: TRX straps

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

Exercises:

TRX atomic push up (suspended push up or standing push up)

TRX low row

Rules of the test:

TRX Atomic Push up - Client will have their feet in the TRX straps. Straps are directly under the anchor. Client will complete as many atomic push ups as possible without resting. Only perfect atomic push ups will be counted. The chest must come within a fist distance from the floor. The legs cannot be bent except for when in the tuck position.

Rest ONE minute between exercises.

TRX Low Row – Client will have their feet directly under the anchor. If necessary, a block or spotter can brace the feet if the surface is slippery. Legs must remain straight and the body must remain in a plank like position the entire time, no bending at the hips is permitted. The hands must come to the chest for each rep.

Clients can partner up. One client can perform the test while the second client counts and records the score. Then they can switch.

Challenge Workout #8 TRX 40/40 – Rep count set
Individual Rep Count Template

NAME OF CAMPER: _____

Record the **number of reps** of each exercise for each set. Use the following table:

TEST 1

| Exercise | Number of Reps |
|---------------------|-----------------------|
| TRX Atomic Push Ups | |
| TRX Low Row | |

TEST 2

| Exercise | Number of Reps |
|---------------------|-----------------------|
| TRX Atomic Push Ups | |
| TRX Low Row | |

Workout #9 - TRX Add One Challenge

Equipment needed: TRX straps

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

Exercises:

TRX atomic push up

Rules of the test:

This is a 'count up' test. The client performs one rep of the atomic push up, rests 5 seconds, then performs two reps of the atomic push up. Each time the client can rest ONLY 5 seconds and then must add another rep.

Clients can partner up. One client can do the test while the partner counts to ensure that no more than 5 seconds is taken between reps and they will encourage and enforce proper form.

Workout #10 - Jump and Push Challenge

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

Equipment: Jump rope, timer

Exercises:

Jump rope

Push up

Rules of the test:

This is a descending set of jump rope and push ups:

1 min of jump rope, followed directly with one min of push ups. Record. No rest.

45 sec of jump rope, followed directly with 45 sec of push ups. Record. No rest.

30 sec of jump rope, followed directly with 30 sec of push ups. Record. No rest.

15 sec of jump rope, followed directly with 15 sec of push ups. Record. No rest.

Challenge Workout #10 Jump and Push
Individual Rep Count Template

NAME OF CAMPER: _____

Record the **number of reps** of each exercise for each set. Use the following table:

TEST 1

Record the number of push ups after each set, and the TOTAL number of push ups for the entire set.

| Set: | Number of push ups |
|---------------------------|--------------------|
| Set 1 - 1 min | |
| Set 2 - 45 seconds | |
| Set 3 - 30 seconds | |
| Set 4 - 15 seconds | |
| Total number of push ups: | |

TEST 2

| Set: | Number of push ups |
|---------------------------|--------------------|
| Set 1 - 1 min | |
| Set 2 - 45 seconds | |
| Set 3 - 30 seconds | |
| Set 4 - 15 seconds | |
| Total number of push ups: | |

Workout #11 - Count It Down Challenge

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

Equipment: Jump rope, DB's

Exercises:

Jump rope 50 skips

Shoulder press squat

Burpees

DB lateral raise

Alternate reverse lunge with DB's at sides (each leg)

DB single arm row left

DB single arm row right

Push ups

Get ups (each arm)

Bicycle crunch (each leg)

Spider crawl (each leg)

Rules of the test:

Each set starts with 50 jumps of the rope.

Do 10 reps of each of the exercises listed.

Continue to start each set with 50 skips

Do 8 reps of each of the exercise listed

Do the jump rope 50 skips, then 6 reps of each exercise.

Repeat with 4 reps and 2 reps of each exercise.

To recap the rep count, it is 10 reps of EACH exercise, then 8, 6, 4, 2, with each set starting with 50 skips.

Time the set. The objective is to decrease the time it takes to complete the entire count down set while increasing the quality of reps.

Workout #12 - Goin' Round and Round Challenge

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

Equipment: TRX, DB, Gymboss timer

Set the timer for 16 rounds of 40/15 (40 seconds of work with a 15 second transition)

Exercises:

Push ups

TRX row

Goblet squats with DB

Plank

Rules of the test:

This test is done in a station fashion. Set your campers up with four people per TRX. Campers will rotate through the exercises so that all campers can be doing the test at once. Each camper has their own test form and a pencil and in the 15-second rest, they mark down their rep count. Include the amount of weight used for the goblet squat. At the end of the test, they will add up their total score for each exercise (except the plank which is active recovery). Each week they will try to beat their total score.

Challenge Workout #12 Goin Round and Round – Rep count set
Individual Rep Count Template

NAME OF CAMPER: _____

Record the **number of reps** of each exercise for each set. Use the following table:

TEST 1

| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Totals |
|--|-------|-------|-------|-------|--------|
| Push up | | | | | |
| TRX row | | | | | |
| Goblet squat with lb DB | | | | | |

TEST 2

| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Totals |
|--|-------|-------|-------|-------|--------|
| Push up | | | | | |
| TRX row | | | | | |
| Goblet squat with lb DB | | | | | |

Workout #13 - Skip Push Jump 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: jump rope, bench or box, timer

Exercises:

Jump rope 50 rotations

10 Rotational push ups

10 Box jumps (or squat jumps)

Rules of the test:

Campers will start the test with 50 jump rope rotations, followed by 10 rotational push ups, 10 box jumps. They 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.

Workout #14 - Toasty Shoulders 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: battling ropes, timer, DB's

Exercises:

30 Rope slams

15 Shoulder press squats

10 DB lateral raises

5 Renegade rows (per arm)

1 burpee

Rules of the test:

Campers will choose and record a DB weight that they can use for the shoulder press squat, reverse lunge and renegade row.

They will start with the rope slams and follow those by the next four exercises.

Repeat the round as many times as possible using the same DB's in 12 minutes, resting as little time as possible.

Campers record only complete rounds.

Workout #15 - 100 Reps of Hell 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, DB's, jump rope

Exercises:

10 burpees

10 renegade row push ups

10 mountain climbers (per leg)

10 DB walking lunges (per leg)

10 DB squats

50 skips

Rules of the test:

Campers will choose and record a DB weight that they can use for the renegade push ups, walking lunges and squats.

Repeat the round as many times as possible using the same DB's in 12 minutes, resting as little time as possible.

Campers record only complete rounds.

Workout #16 - Pitch Patch Pepper Challenge

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

Equipment: jump rope, timer

Exercises:

Jump rope 100 rotations

10 inchworm push ups

Jump rope 100 rotations

10 walking lunges (per leg)

Jump rope 100 rotations

10 Squat jumps

Rules of the test:

This is a timed test. Campers will repeat the round three times and stop the clock.

Workout #17 - Seven Eleven Challenge

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

Equipment: timer, DB's

Exercises:

7 Renegade rows (per arm)

11 Box jumps

7 Decline push ups

11 Burpees

7 Bulgarian split squats (per leg)

11 Mountain climbers (per leg)

Rules of the test:

This is a timed test. Campers will repeat the round three times and stop the clock. Record the DB used for the renegade rows and time.

Workout #18 - Last Chance 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, DB's

Exercises:

20 push ups

15 DB row (per side)

10 burpees

5 walking lunges with DB's (per side)

1 suicide sprint

Rules of the test:

Campers will choose and record a DB weight that they can use for the DB row and walking lunges.

Repeat the round as many times as possible using the same DB's in 12 minutes, resting as little time as possible.

Campers record only complete rounds.

