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# CHALLENGE WORKOUTS BOOT CAMP EDITION

6 EXTREME CHALLENGE  
WORKOUTS FOR YOUR BOOT CAMP



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### **Extreme Challenge Workouts:**

- Extreme Challenge Workout #1 – Jump Push Pull - Timed set
- Extreme Challenge Workout #2 – Up By Five – AMRAP set
- Extreme Challenge Workout #3 – Body Weight Don't Lie – Rep count set
- Extreme Challenge Workout #4 Pull Ups Anyone? – Timed set
- Extreme Challenge Workout #5 Lucky #7 – AMRAP set
- Extreme Challenge Workout #6 Swinging Count Down – Timed set

# 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.



## **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



## **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 a sheet to record.

Extreme Challenge Workout #3 – Body Weight Don't Lie  
**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:

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TEST 2

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

Modification notes:

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# 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.



## **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.



## 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

