18 Boot Camp Challenge Workouts

Exciting 'Ready to Use' Challenges Designed 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 the 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.
Boot Camp Challenge Workout
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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
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.

Training Variation:
Use the same exercises, start at rep 1 and count up to 10.
Challenge Workout #1 Take Away – **Timed set Template**

Record **time** and any modifications.

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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.

Training Variation:
- Do lateral suicides.
- Choose a different exercise like shoulder press.
Challenge Workout #2 It’s Suicide – **Timed set Template**

Record *time* and any modifications.

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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 push ups and 20 squat jumps 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

*If this is too easy for your clients, have them go down the ladder as well:
9 push ups, 18 squat jumps
8 push ups, 16 squat jumps

Continue in the pattern until you get to:

1 push ups, 2 squat jumps

Stop the clock.

Training Variation:
- Timed set of 1 burpee (with push up), 2 squats (finish with 10 burpees, 20 squats)
Challenge Workout #3 Up ‘n Down **Timed set Template**

Record *time* and any modifications.

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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 25 rounds.

Each camper needs a pencil and a score sheet with the chart that follows.

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.

Training Variation:
- Change the timing – do 40 seconds of work with a 15 sec rest
- Add weight to the split squats
NAME OF CAMPER: ________________________________

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

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Modification notes:
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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.

Training Variation:
Timed set: 30 seconds of work/5 second transition
- Burpee
- Mountain climber
- Bicycle crunch
- Suicide sprint
Do 5 rounds.
Challenge Workout #5 Up the Burpee Mountain – AMRAP Template

Record total **rounds** and any modifications.

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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 (prone, 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.

**Training Variation:**
Timed set: 30 seconds of work/5 second transition
- Push up
- Squat jump (squats)
- Reverse lunge
- Burpees
- Suicide sprint

Do 4 rounds.
Challenge Workout #6 Five to One – AMRAP Template

Record total **rounds** and any modifications.

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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

Stop the clock.

Training Variation:
Do this set in reverse, count UP, start with one rep and go to ten, same exercises.
Challenge Workout #7 Spiderman Audition *Timed set Template*

Record **time** and any modifications.

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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. (This is a short test generally 5 min or less, so a counter is acceptable, OR have clients count for themselves if you prefer)

**Training Variation:**
Timed set – 30 seconds of work/5 second transition 10 sets
- Bodyweight push up
- TRX low row OR DB row
*Alternate one client on TRX, one on push up set*
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**

<table>
<thead>
<tr>
<th>Name:</th>
<th>Exercise</th>
<th>Number of Reps</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>TRX Atomic Push Ups</td>
<td></td>
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<tr>
<td></td>
<td>TRX Low Row</td>
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</tbody>
</table>

**TEST 2**

<table>
<thead>
<tr>
<th>Name:</th>
<th>Exercise</th>
<th>Number of Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>TRX Atomic Push Ups</td>
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<tr>
<td></td>
<td>TRX Low Row</td>
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</tbody>
</table>
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. OR, clients can do this individually while others do an individualized workout (see examples at the end of the program).

**Training Variation:**
Do the same test with a bodyweight push up.
Challenge Workout #9 TRX Add One – **Total Rep Template**

Record total **reps** and any modifications.

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<th>Name</th>
<th>Test 1</th>
<th>Modification</th>
<th>Test 2</th>
<th>Modification</th>
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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.

**Training Variation:**
- Timed set – one minute skip/30 sec push up. Repeat 5 times.
- Timed set – one minute push up or chest press/30 sec skip. Repeat 5 times.
  (These are separate workouts.)
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.

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<thead>
<tr>
<th>Set:</th>
<th>Number of push ups</th>
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<tbody>
<tr>
<td>Set 1 - 1 min</td>
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<td>Set 2 - 45 seconds</td>
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<td>Set 3 - 30 seconds</td>
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<td>Set 4 - 15 seconds</td>
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<tr>
<td>Total number of push ups:</td>
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</table>

**TEST 2**

<table>
<thead>
<tr>
<th>Set:</th>
<th>Number of push ups</th>
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</thead>
<tbody>
<tr>
<td>Set 1 - 1 min</td>
<td></td>
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<tr>
<td>Set 2 - 45 seconds</td>
<td></td>
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<tr>
<td>Set 3 - 30 seconds</td>
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<td>Set 4 - 15 seconds</td>
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<tr>
<td>Total number of push ups:</td>
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</table>
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.

Training Variation:
- Do the same workout, but start from two and count up to 10 reps of each.
- Do the same workout, but do 3 rounds of 10 reps of each exercise.
Challenge Workout #11 Count It Down **Timed set Template**

Record *time* and any modifications.

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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
Gobet 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.

Training Variation:
Do similar timing for this workout, but do 4 sets of each exercise in a row. You can set up the circuit in a similar way but each person would do 4 sets at each exercise before rotating to the next exercise.
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 (record during the 15 second recovery phase). Use the following table:

**TEST 1**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Set 1</th>
<th>Set 2</th>
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<th>Set 4</th>
<th>Totals</th>
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**TEST 2**

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<th>Exercise</th>
<th>Set 1</th>
<th>Set 2</th>
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<th>Totals</th>
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<td>Push up</td>
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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.

**Training Variation:**
Do a timed set of 40/10 using the same exercises. Do four rounds of the circuit.
Challenge Workout #13 Skip Push Jump – **AMRAP Template**

Record total **rounds** and any modifications.

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<th>Test 1</th>
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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, DB laterals 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.

**Training Variation:**
- Do timed sets of the above exercises, 30/05 for five rounds.
- Do a countdown set, start with 8 reps of each exercise (double for rope slams), then 7 reps of each exercise (double for rope slams), count down to 1 rep of each exercise.
Challenge Workout #14 Toasty Shoulders – AMRAP Template

Record total **rounds** and any modifications.

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<tr>
<th>Name</th>
<th>Shoulder press squat weight</th>
<th>DB lateral weight</th>
<th>Renegade row weight</th>
<th>Test 1</th>
<th>Modification</th>
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<td>Shoulder press weight</td>
<td>DB lateral weight</td>
<td>Renegade row weight</td>
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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.

**Training Variation:**
Do timed sets of the above exercises, 30/05 for five rounds.
Challenge Workout #15 100 Reps Of Hell – **AMRAP Template**

Record total **rounds** and any modifications.

<table>
<thead>
<tr>
<th>Name</th>
<th>Renegade row weight</th>
<th>Walking lunges weight</th>
<th>Squat weight</th>
<th>Test 1</th>
<th>Modification</th>
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<td>Name</td>
<td>Renegade row weight</td>
<td>Walking lunges weight</td>
<td>Squat weight</td>
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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.

Training Variation:
• Do timed sets of the above exercises, 30/05 for five rounds.
• Do the 100 rotations of jump rope, then all three exercises. Repeat five times.
Challenge Workout #16 Pitch Patch Pepper **Timed set Template**

Record *time* and any modifications.

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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.

Training Variation:
- Do timed sets of the above exercises, 30/05 for five rounds.
- Do a countdown set of all exercises, start with 8 reps of each, then do 7 reps of each, count down until you do 1 rep of each exercise.
Challenge Workout #17 Seven Eleven **Timed set Template**

Record *time* and any modifications.

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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.

**Training Variation:**
- Do timed sets of the above exercises, 30/05 for five rounds.
- Do a countdown set of all exercises, start with 8 reps of each then one suicide sprint, then do 7 reps of each then one suicide sprint, count down until you do 1 rep of each exercise followed by one suicide sprint.
Challenge Workout #18 Last Chance – AMRAP Template

Record total **rounds** and any modifications.

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**Bicycle Crunch**
- Lie on your back and bring one elbow towards the opposite knee.
- Alternate opposite knee to elbow.
- Ensure the lower back is pressed into the floor at all times.

Position A – Bicycle Crunch  
Position B – Bicycle Crunch

**Body Weight 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
- Optional: Add dumb bells and hold at shoulder level to load the hips
**Box jump**
- Jump and land softly on the heels (not toes) on a raised surface
- Return to start
- Repeat

**Bulgarian Split Squat**
- Rest one foot on a bench.
- Step forward with the other foot, do NOT allow the knee to extend over the toe.
- Lower the body down and return to start.
**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

**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.
**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.

---

**Position A – DB row**

**Position B – DB row**

---

**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.

---

**Position A**

**Position B**

**Position C**
**Goblet Squat**
- Hold a dumb bell at chest height
- Keep chest high as the hips push back to a squat position
- Return to start

![Goblet Squat](image1)

**Inchworm Pushup**
- Start in a standing position
- Bend at the waist and walk hands out to a push up position
- Complete a push up (drop to knees if needed)
- Walk hands back towards feet and stand upright

![Inchworm Pushup](image2)
**Jumping Lunge**
- From a lunge position, jump up and switch legs

**KB swing DB or plate swing**
- Hold the KB, DB or plate in both hands
- Flex or bend at the hips and push the butt backwards
- Keep abs tight and chin up
- Drive the hips forward and let the momentum carry the weight upwards towards the chin
- Allow the weight to swing back to starting position
**Mountain Climbers**
- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and **quickly** bring your knee up to your chest. Do not let your hips sag or rotate.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.

![Position A – Mountain Climber](image1.png)
![Position B – Mountain Climber](image2.png)

**Plank**
- Brace your abs. Put your elbows directly under your shoulders, palms up.
- Keep your back flat, your body should form a straight line from your shoulders to your ankles.
- Hold the plank position for the designated time.

![Position A – Plank](image3.png)
**Pull-up**

- Grasp the bar with an overhand, wide grip.
- Pull yourself up until your chin is over the bar.
- Return to full hanging position with control.

**Partially Assisted Pull-up**

- Grasp the bar with an overhand, wide grip.
- Step up off a platform to bring yourself up until your chin is over the bar.
- You will take some weight on your legs and hold some of your weight with your upper body/arms.
- Return to full hanging position with control.

**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.
- Decline push up: elevate feet to bench or step

### Position A – Push up

### Position B – Push up

### Renegade Row

- Keep the abs braced and body in a straight line from knees to shoulders.
- Balance on dumbbells 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.
- Balance on one arm while doing a row with the other.
- Keep hips and shoulders square to the floor (a wide stance with the feet helps to maintain level hips)
- Alternate sides.
**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
- Walking lunge: step forward instead of reverse

**Rotational Push up**
- Start in plank position (drop to knees or table top position if needed)
- Do a push up
- Once body is in a plank, balance on one hand and rotate the entire body
- Open up to a side plank position, balancing on one hand and toes
- Slowly lower the hand back to the ground
- Repeat the push up and open up to the opposite side
- The ‘goal’ of this movement is to maintain the plank body position on one hand and toes in the open ‘T’ position. It may be necessary to do the push up from the knees, but then return to the toes for the ‘T’ position.
**Rope Slams**
- Hold the ropes overhand, one rope in each hand
- Undulate the rope together to slam it repeatedly

**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

**Skater Jump**
- Get into squat position
• Powerfully jump sideways as far as possible
• Bring legs together and jump to opposite side
• Swing arms

Spider Crawl
• Brace your abs. Start in the top of the push-up position.
• Keep your abs braced, pick one foot up off the floor, and \textit{slowly} bring your knee up to your elbow. Do not let your hips sag or rotate.
• Do a push up with the knee at the same elbow.
• Keep your abs braced and slowly return your leg to the start position.
• Alternate sides until you complete all of the required repetitions.

Spiderman push up
• Keep the abs braced and body in a straight line from toes 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.
• Draw alternate legs into chest, one then the other. Repeat the push up.
• Keep the eyes looking forward versus dropping the chin to the chest.

Squat Jump
• From squat position, powerfully jump to fully extended position, raise arms overhead
• Decelerate as feet touch the ground, return to squatting position

Suicide sprint
TRX Atomic Push up

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Place the feet in the stir ups or rings.
- Slowly lower yourself down until your body is one inch off the floor.
- Push through your chest, shoulders and triceps to return to the start position.
- Draw the knees into the chest and then extend the legs back into plank like position. Keep your body in a straight line at all times.
- Keep the eyes looking forward versus dropping the chin to the chest.
TRX 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.