



UNIQUE BOOTCAMP WORKOUTS *LITE*

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Readers/users should not perform any of the workouts or exercises in this e-book until they have been shown proper technique by a qualified fitness professional. Anyone experiencing any pain, discomfort, light-headedness, dizziness or becoming short of breath, should stop exercising immediately and consult a doctor/physician.

The author is not responsible in any manner for any injury, loss, risk or liability, personal or otherwise, that result from the use of the fitness workout programmes or exercises outlined in this book.



INTRODUCTION

Welcome To Unique Bootcamp Workouts Lite

My soul purpose in creating this book was specifically to help you. Over the past three years I have read endless articles and blog posts asking for help and inspiration regarding fun, unique and creative workouts. After struggling with quality content for my own fitness sessions, I finally decided to do something about it.

What Is Unique Bootcamp Workouts?

[Unique Bootcamp Workouts](#) is a set of highly creative bootcamp workout ideas designed to create an unlimited supply of fun, unique and creative workouts. The purpose of the book is to enable the trainer to quickly put together an amazing workout in a very short space of time.

How does it work?

Well it couldn't be simpler. Open the book, pick a set combination and off you go. For example:

Workout 1 - Team Game – Team Challenge – Finisher Drill

Workout 2 - Finisher Drill – Finisher Drill – Team Game – Partner Challenge

Workout 3 - Timed Fitness Test – Team Game – Timed Fitness Test (repeated)

Workout 4 – Creative circuit – 3 person challenge – Fun filer

There are over 160 creative workout ideas in [Unique Bootcamp Workouts](#), giving you literally millions of different combinations to choose from. In the Lite version, I have included 14 workout ideas. However, don't be fooled! You can still put together large number of fun, unique and creative workouts.

What To Do Now (the fun part)

Have a go at creating your own workouts. Mix and match the various workout ideas as shown in the examples above and go and implement them with your group. I have taken workouts from all nine books to allow you to create some amazing workouts.

Putting the Client First

Depending on your desired outcome for the session, you may want to use your own exercises, this is totally fine (and encouraged) as the exercises I have added in for most of the workouts are example exercises. You will obviously want to use your own depending on your client's goals and needs. You can also adapt the exercises to incorporate your own equipment such as kettlebells, resistance bands, TRX etc.

This book has been produced to save you time, allowing you to concentrate on growing your business. However, one of the best by-products is that the unique, fun ideas mean that your clients will enjoy their fitness workouts with you, giving you added satisfaction and an increase in client retention.

If you have any feedback, please feel free to email me leon@sound-fitness.co.uk



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Abdominal Suicide - Individual Challenge

EQUIPMENT: None

NUMBER OF PLAYERS: 1+

TIME: 5 minutes

AIM: To complete 10 sets

METHOD: Players start in the plank position. They must complete the following set 10 times continuously without stopping.

- ♥ 10 seconds plank
- ♥ 10 seconds sit ups (any variation)

This is one set

After the tenth set, all players must complete a simple suicide drill. So, first marker and back, second marker and back and so on until all markers have been run to.

TIPS/VARIATIONS: Before returning from each run out, players must perform a set exercise.

- NOTES:**
- ♥ Keep the time running continuously throughout the exercise and shout change every 10 seconds.
 - ♥ Count the sets out loud as player's progress through them.
 - ♥ Players who complete the shuttle runs first must hold the plank until all other players have finished. This should be stressed from the start and works well in ensuring the group work hard.
 - ♥ Encourage players to run between the markers as fast as possible.

DIAGRAM:



This workout can be found in [Unique Bootcamp Workouts](#) Full Version - Individual Challenges

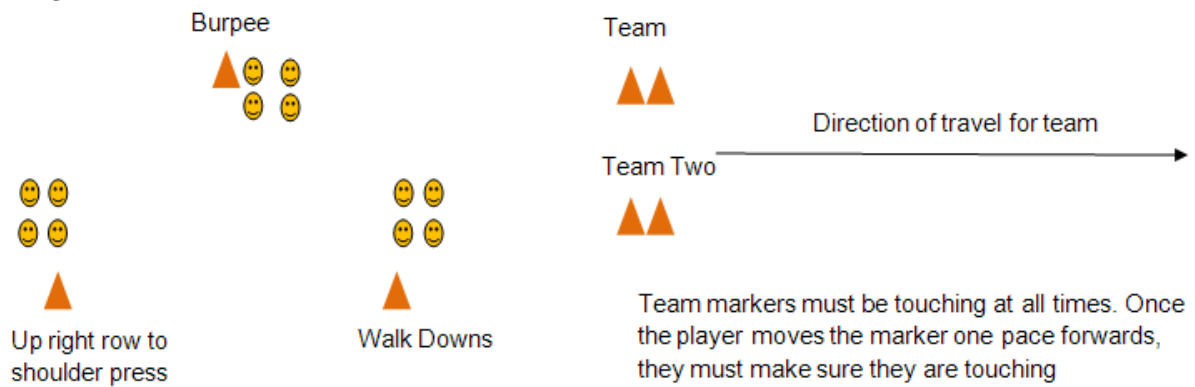


Zero Point - Team Challenge

EQUIPMENT:	3 exercise markers, 4 team markers
NUMBER OF PLAYERS:	4+
TIME:	12 minutes
AIM:	To advance the team markers as far as possible
METHOD:	<p>Mark out a large triangle with 3 exercise markers. Give each point of the triangle its own exercise. Position 2 markers per team 10 metres away from the triangle (see diagram). Split the group into 2 teams.</p> <p>Split the group in to two teams and divide them out on to the three stations. Players can start at any station.</p> <p>The objective of the game is for players to count down from 30 repetitions to 0 (individually). The instructor must call "switch stations" every 20 seconds; players must switch stations in a clockwise direction. When players switch they must continue counting down their repetitions at the next station from where they left off at the last station.</p> <p>When a player has reached 0, they must move their team marker one pace forwards, to do this the player must sprint over and move the rear marker to the front. The player then returns back to the circuit and start all over again.</p> <p>The team that has moved the team markers the furthest forwards at the end of the game, wins.</p>
TIPS/VARIATIONS:	<p>Increase the number of exercise stations.</p> <p>Increase the distance between the exercise stations and place the team markers in the middle of the triangle.</p> <p>Place the team markers further away.</p> <p>Split each team into pairs. Each exercise station will be a partner exercise:</p> <p>Walk down exercise – From standing, feet wide, crawl down into the press up position, perform one press up and walk back up to standing, waving both arms in the air.</p>
NOTES:	<p>If the switch is called when the player is running out or back from the team marker, the player must still change to the next station upon return.</p>



DIAGRAM:



This workout can be found in [Unique Bootcamp Workouts](#) Full Version - Team Challenges



Ascended Master - Team Challenge

EQUIPMENT: 3 markers, stop watch

NUMBER OF PLAYERS: 1+

TIME: 20 minutes

AIM: To become an Ascended Master

METHOD: Mark out a set distance with two markers. All players must find a suitable spot to exercise behind the start marker (see diagram). Players must count every repetition they perform throughout the whole challenge. Before the challenge begins choose three taxing exercises. **E.g.** Kettle bell swing/curl press/press up (show variations) Complete this drill:

1. 10 seconds of each exercise then sprint to the marker and back. 20 seconds rest
2. 20 seconds of each exercise then sprint to marker and back. 20 seconds rest.
3. Repeat the above drill adding 10 seconds on to each exercise until you finally reach 60 seconds for each exercise.
4. The rest period between sets is always 20 seconds. The objective of the challenge is to reach ascended master status by performing a set number of repetitions.

Low intensity group: Must reach 400 reps or more

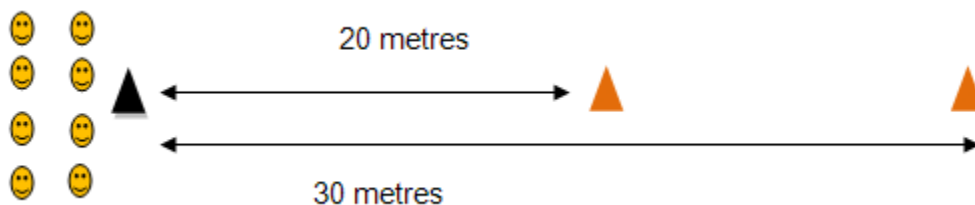
High intensity group: Must reach 550 reps or more

TIPS/VARIATIONS: Place out an extra running marker further away for players who want the extra challenge.

NOTES:

- ♥ Players who struggle with the press up can do them on their knees
- ♥ Players who struggle with the burpee can miss out the press up but must add the jump at the end.
- ♥ The 20 second rest period starts when the last player gets back from the run.

DIAGRAM:



This workout can be found in [Unique Bootcamp Workouts](#) Full Version - Team Challenges

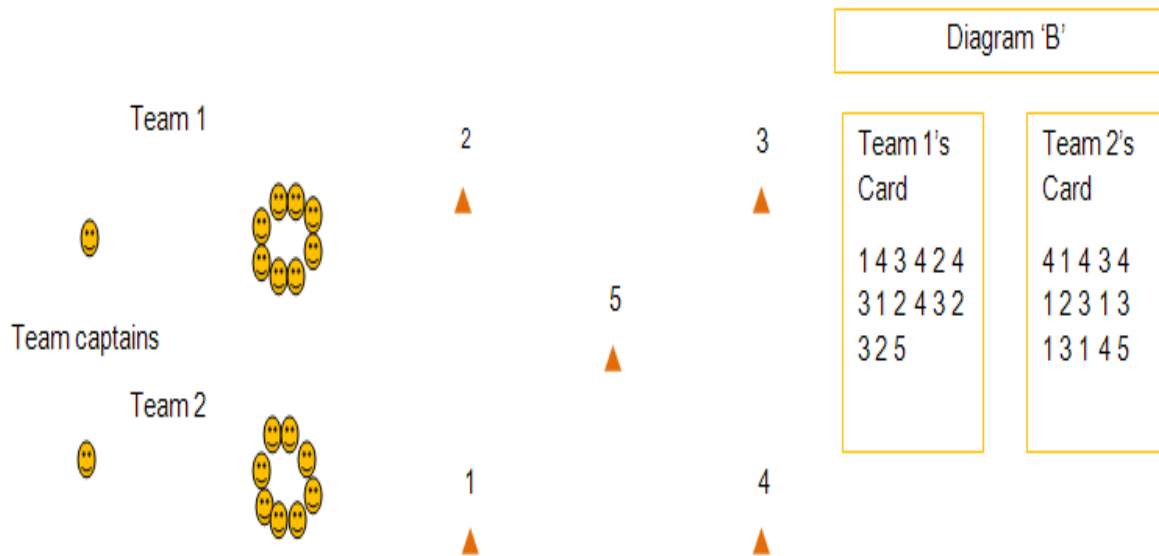


Who Can Hit the 5? - Team Game

- EQUIPMENT:** 5 markers, 2 cards (numbered – see diagram)
- NUMBER OF PLAYERS:** 6+
- TIME:** 5 minutes
- AIM:** Complete all numbers on the card
- METHOD:** Mark out a square with 4 markers. Put one marker in the middle (see diagram overleaf).
- The markers should be numbered 1-5 (the middle marker will be number 5). Pick a team captain from each group. The team captain is given a card with 15 numbers on that are in random order (see diagram 'b' overleaf).
- To start: both teams form a circle holding hands; the team captain shouts aloud the first number on the card. The team must run to the numbered marker, circle it and again shout aloud the number at the marker.
- Once the group has shouted the number, the team captain can call another number and so on. The last number on the card is always the number 5. Once this number is called the group must surround the middle marker and shout "king cone". The first team to surround the middle marker wins the game.
- TIPS/VARIATIONS:** Teams must perform a set number of squat jumps for each number called. Players must remain linked.
- NOTES:**
- ♥ Players must fully surround each marker before they can shout the number.
 - ♥ Players must stay connected at all times during the game (facing inwards only)
 - ♥ Switch team captains and swap cards for the second game.



DIAGRAM:



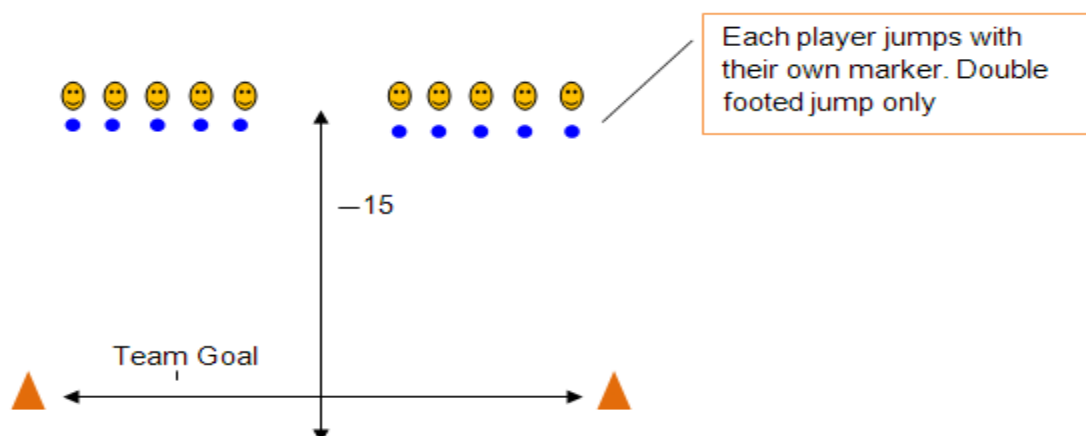
This workout can be found in [Unique Bootcamp Workouts](#) Full Version - Team Games



Jump for Goal - Team Game

- EQUIPMENT:** Multiple markers
- NUMBER OF PLAYERS:** 4+
- TIME:** 15-20 minutes depending on the number of repetitions given
- AIM:** To jump all team markers past the goal line
- METHOD:** Split the group in to two teams. Give each player a marker. Space out the goal markers as shown in the diagram. Spread both teams out around 15-20 metres away from the goal line. Each player must start with the marker in front of them.
- To start: Players must perform 3 set exercises before jumping one pace forwards with their marker. The player repeats the process until they have jumped the marker through the team goal line.
- Players who finish first can run back to help any team member. The three exercises must be performed before a player is allowed to jump with their team mate's marker.
- Repetitions:
Beginners: 8 reps per exercise
Intermediate: 12 reps per exercise
Advanced: 15 reps per exercise
- NOTES:**
- ♥ Players must put the marker against their back heel after every jump.
 - ♥ Double footed jump only. Players who ignore this rule must jump back two spaces if spotted.
 - ♥ Players must jump through the goal line to finish
 - ♥ Teams must form a line with their hands in the air to record the win.

DIAGRAM:



This workout can be found in [Unique Bootcamp Workouts](#) Full Version - Team Games



Fitness Test 1.5 – Circle of Doom

EQUIPMENT: 8 markers, stopwatch

NUMBER OF PLAYERS: 1+

TIME: 15-20 minutes depending on fitness ability

AIM: To complete the drill in the fastest possible time.

METHOD: Space out 8 markers to form a large circle. Number the markers 1-8 and choose four exercises. The four exercises will repeat twice each in the circle. For example:

- ♥ Sumo dead lift (kettle bell)
- ♥ Press ups (show variations)
- ♥ Curl, squat to press (kettle bell)
- ♥ Window Wipers (from press up position, feet jump apart and back in)
- ♥ Sumo dead lift (kettle bell)
- ♥ Press ups (show variations)
- ♥ Curl, squat to press (kettle bell)
- ♥ Window Wipers (from press up position, feet jump apart and back in)

The client starts on station one. The client must perform the first exercise then run around the circle to the next exercise station: number two. Every time the client completes an exercise they must run around the circle to the next exercise station. Once all the stations have been complete the test is over. Record the client's time.

TIPS/VARIATIONS:

- ♥ **Beginner:** 15 repetitions on each station
- ♥ **Intermediate:** 20 repetitions on each station
- ♥ **Advanced:** 35 repetitions on each exercise

- ♥ **Top Tips:** Aim to make the circle a good size (60 metres), it should take the client at least 10 seconds to get round. The size of the circle will depend on the fitness level of the client.
- ♥ Choose the exercises specific to the client's goal.

This workout can be found in [Unique Bootcamp Workouts](#) Full Version - Fitness Tests



Master Blaster - 3 Person Drill

- EQUIPMENT:** 3 markers
- NUMBER OF PLAYERS:** Multiple
- TIME:** 12 minutes (based on 4 rounds)
- AIM:** To be the first team to finish.
- METHOD:** Split the group in to teams of three. Each team must form a line, one behind the other, see diagram.

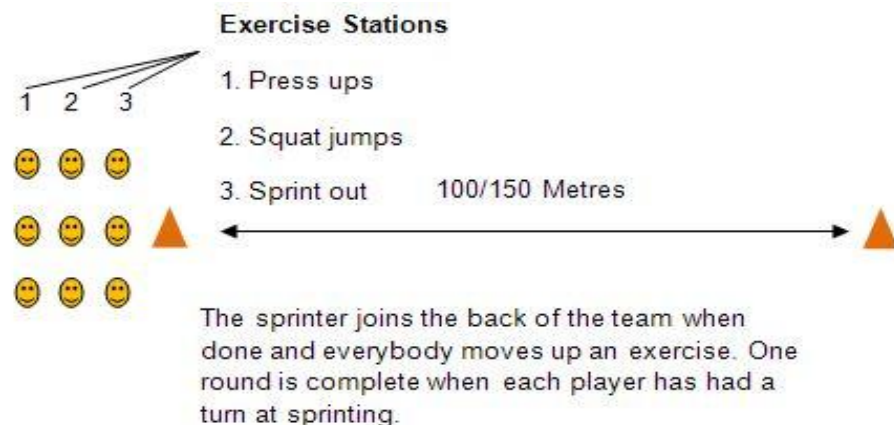
To start: The player at the back performs press ups, the person in the middle performs squat jumps and the person at the front sprints out to the marker and back again. Once the player is back they must join the back of the line, the other two players must move up one space to the next exercise. When a player is not running they must be exercising.

Once each player has had a turn at running, the round is over. Award the winning team a point. Aim to play 3-4 rounds

- TIPS/VARIATIONS:**
- ♥ Teams must complete the challenge twice through, continuously, for each game.
 - ♥ The run can be substituted for a travelling exercise, i.e. Lunge walk, crawl, jump forward, however you may want to shorten the travelling distance.
 - ♥ Once the runner reaches the end marker they must perform a trio of exercises, i.e. 3 press ups 3 squats 3 jacks.
 - ♥ The runner must perform Suicides; lay out 8 markers, the player runs to the first marker and back, second and back etc.
 - ♥ Place a marker in the middle of the run. Players must perform a set exercise before running on. Same applies on the way back.

- NOTES:**
- ♥ For uneven teams, pair up two players of similar ability to work as one unit.

DIAGRAM:



This workout can be found in [Unique Bootcamp Workouts Full Version - 3 Person Drills](#)



Down the Ladder - Partner Challenge

EQUIPMENT:	3 markers
NUMBER OF PLAYERS:	2+ (multiple pairs)
TIME:	30 minutes
AIM:	To complete the circuit as quickly as possible
METHOD:	Split the group in to teams of two. Mark a 20 metre distance between two markers. Spread the group out in pairs across the start line (see diagram).

To start: players take it in turns running out to the marker and performing a set exercise. Teams will be performing three separate exercises. Each exercise starts at 21 and works its way down to 3. Once the first exercise has been complete the team move on to the next exercise and so on.

Example

Exercise: 1) Press ups; 2) Sit ups; 3) squats

- ♥ Player one: Runs out and performs 21 press ups and runs back
- ♥ Player two: Runs out and performs 21 press ups and runs back
- ♥ Player one: Runs out and performs 18 press ups and runs back
- ♥ Player two: Runs out and performs 18 press ups and runs back

As you can see, each player is taking off three repetitions each time they run out. Once they both get to three they must change to the next exercise, again starting on 21 repetitions.

The challenge is over when both players have completed all three exercises.

Players waiting to run out should be given a set exercise to perform whilst waiting for their partner.

TIPS/VARIATIONS:

1. Place a marker 10 metres to the rear of the starting point. Players that are waiting for their partner to return can perform shuttle sprints or any other travelling exercise. Give the option. For beginners, have them jog on the spot whilst they wait.
2. Where possible, modify exercises to suit ability level.

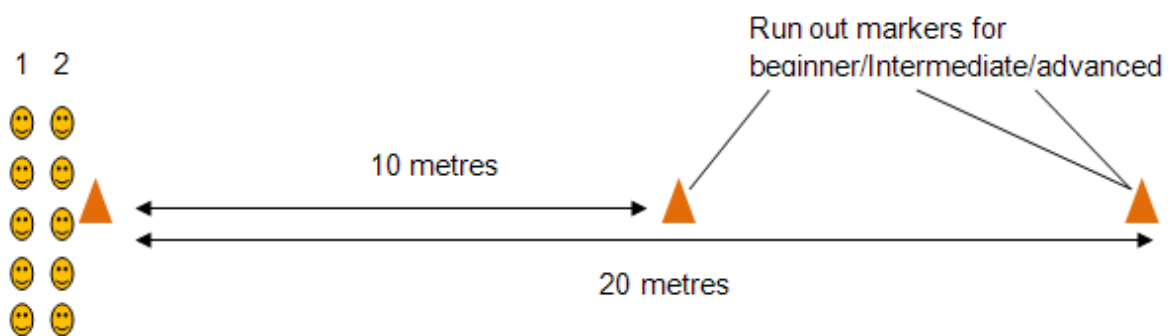


- The Fun Whistle: (Doesn't have to be a whistle, this can be a certain word to suit the activity, i.e. 'Piggy back'. Get the group to come up with the word) When the whistle is blown, one player must piggy back their partner between the first two markers, back to the start line. The team that makes it in last from the race must sprint to a set distance. All other players must continue from where they left off before the whistle was blown.

NOTES:

- ♥ The team that finish the task first will win.
- ♥ Players who finish first must perform partner sit ups whilst waiting for the others to finish.

DIAGRAM:



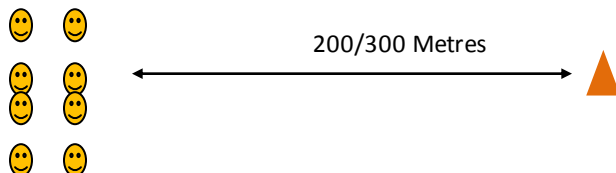
This workout can be found in [Unique Bootcamp Workouts](#) Full Version - Partner Challenges



Triple Run Outs - Partner Challenge

- EQUIPMENT:** 1 marker
- NUMBER OF PLAYERS:** 2+ (multiple pairs)
- TIME:** 10 minutes
- AIM:** To complete the challenge as fast as possible
- METHOD:** Line the group out in pairs, one behind the other. Player one will be given three exercises to perform and player two will sprint out to a set point and back three times. Each time the runner gets back their partner will change to the next exercise. By the time the runner has completed all three runs, their partner will have completed all three exercises. Player one must change exercise each time their partner returns from the run.
- TIPS/VARIATIONS:**
- ♥ Players must perform a set exercise before running back.
 - ♥ Player must perform a different travelling exercise on the way back.
- NOTES:**
- ♥ The running distance should be increased for fitter individuals, do this by placing an extra marker further away. For limited space, mark out a large circle.
 - ♥ Players switch roles in round two after a short break.
 - ♥ **Exercises** – Kettle bell swing, mountain climbers, V-sit ups

DIAGRAM:



This workout can be found in [Unique Bootcamp Workouts](#) Full Version - Partner Challenges



What am I Doing?- Creative Circuit

EQUIPMENT:	7 exercise stations, pot of coins (points), two containers to collect coins (points) in, 3 markers
NUMBER OF PLAYERS:	2+
TIME:	25 minutes
AIM:	Complete as many exercise stations as possible
METHOD:	<p>Spread out and label 7 exercise stations 1-7 and also label one of the exercise stations with a question mark. Mark out a running distance by using a marker or a natural feature such as a tree or a bench. Split the group in to two teams.</p> <p>Players start the game by asking a member of the opposing team <i>"What am I doing?"</i></p> <p>The opposing player responds <i>"you are doing number.... (e.g. number 2)"</i>.</p> <p>The asking player must sprint to that exercise station (in this case station #2) and complete a set number of repetitions for that exercise.</p> <p>Once the player has finished they must collect a point (coin) at the team base and put it in their team pot.</p> <p>The player then asks the question to a different member of the opposite team.</p> <p>Both teams (individually) are constantly doing this. Players can ask the question anywhere, they don't need to wait at the team base.</p> <p>As soon as the point is collected they must find another player as quickly as possible to ask the question to.</p> <p>Players can pick any number (from 1-7) for the player on the opposing team.</p> <p>The question mark Players who arrive at a station with the question mark must sprint over to the instructor.</p> <p>The instructor must give out a task that best suits the player's fitness ability. The player must approach the instructor and ask 'what am I doing'.</p>



Take a hike

Players have two 'take a hike' credits that they can play at any time during the game. When a player approaches to ask 'what am I doing', the player can respond, 'take a hike', the player taking the hike must sprint out to a set marker and back again.

Players do NOT collect a point after taking a hike. Once back at the circuit they may continue as above to collect points.

Team captains must add up all the points at the end of the challenge. The team with the most points will win.

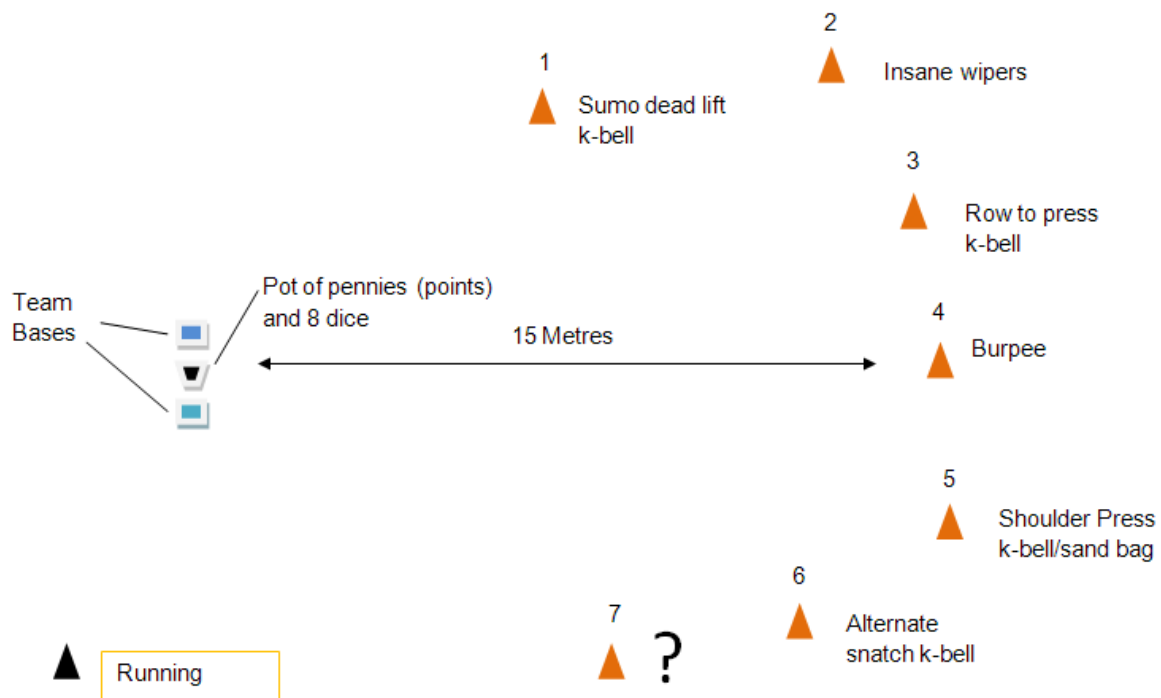
TIPS/VARIATIONS:

- ♥ Give each exercise a set number of repetitions based on the difficulty level of the exercise. If the group is mixed ability you should label 2 sets of repetitions on each exercise marker, a lower set and a higher set.

NOTES:

- ♥ Players cannot ask the same team member the question twice in a row.
- ♥ The running route should reflect ability level. Mark out a shorter and longer route if necessary.
- ♥ Players can ask the question (what am I doing) anywhere, they don't have to wait at the team base to ask the question.

DIAGRAM:



This workout can be found in [Unique Bootcamp Workouts Full Version](#) - Creative Circuits



Square Bear - Creative Circuit

EQUIPMENT: Multiple markers, pot of pennies (to count points – may use alternative such as tiddlywinks), 2 containers, multiple dice.

NUMBER OF PLAYERS: 2+

TIME: 30 minutes

AIM: To collect as many points as possible

METHOD: Step one: Split the group in to two teams. Mark out a large square with four markers and label the corners 1, 2, 3 and 4. Label each corner of the square with two exercises and also label the number of repetitions for each.

Place the pot of pennies at the start position along with the two containers and a small board for each team to roll the dice on. (Your clipboard can be used here). Mark out two separate squares with the markers, one big and one small. (See diagram.)

To Start: Players begin by each individually rolling a dice. The number on the dice relates to the numbered stations i.e. 1, 2, 3, 4.

Players must sprint to the station and perform the exercise. Once the player reaches the station they are to perform only one of the two exercises, it is their choice.

If a player rolls a 5 or a 6 they must count round to the next station. I.e. if a 5 is rolled the player will count 1, 2, 3, 4, and back to station 1, if the six is rolled then it's back to station 2.

Take this in to account when designing your circuit: the law of averages says that stations 1 & 2 will get hit the most so maybe keep the exercises less challenging or reps lower on these stations.

Once the player has finished, they must run back to base, put a penny in their team pot and roll again. The team with the most points (pennies) at the end of the challenge will win.

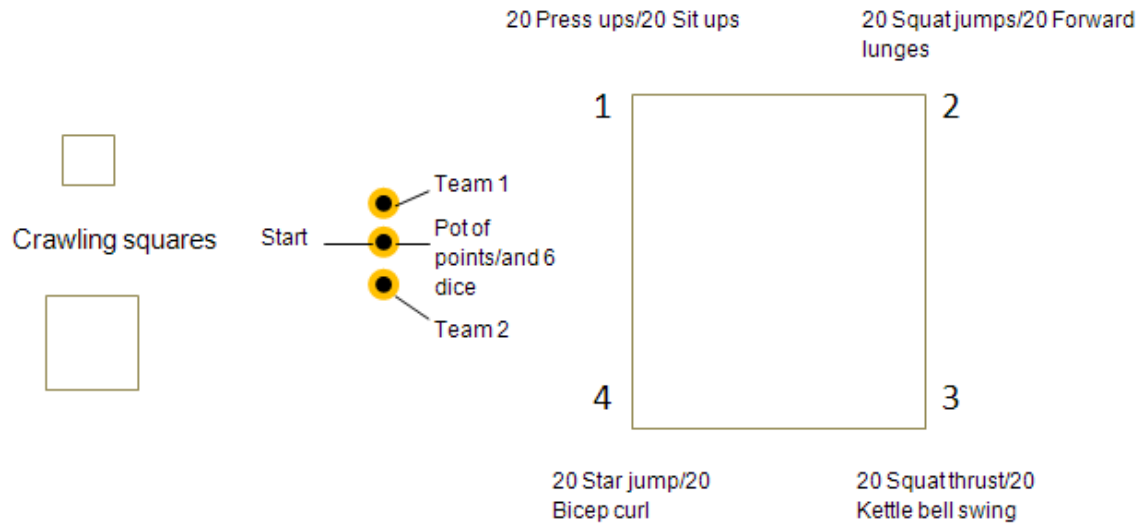
Square bear: If a player rolls the same number twice in a row (on their second roll) they are to crawl around the crawling square on their hands and feet like a bear, once the crawl is complete they can continue on to the station that was rolled. The larger crawling square is reserved for those who wish the extra challenge.

NOTES:

- ♥ Players are rolling the dice for themselves, not as a group.
- ♥ Players who forget to put a penny in the pot lose the point for that individual turn.
- ♥ Fitter individuals must crawl around the big square.



DIAGRAM:



Exercises that also work well

1. Sumo Dead lift (kettle bell)
2. Squat to press (kettle bell)
3. Tuck jumps
4. Plank alternate knee to elbow
5. V-sit-ups

This workout can be found in [Unique Bootcamp Workouts](#) Full Version - Creative Circuits



Blast Reps - Finisher Drill

- EQUIPMENT:** Optional
- NUMBER OF PLAYERS:** 1+
- TIME:** 5 minutes
- AIM:** Complete as many reps as possible in 5 minutes
- METHOD:** Pick three simple but taxing exercises. Number them 1, 2 and 3.
1. Plank press up (right hand comes out, press up, back in, left hand comes out, press up)
 2. In/out (feet jump in and back out from the press up position)
 3. Sumo dead lift (kettle bell)
- Players start by performing the first exercise. At any time the instructor can change the exercise by calling out a different number. Players must count every repetition that they perform.
- TIPS/VARIATIONS:** Top tip: use a chart that indicates how players have performed, i.e.
- ♥ Over 100 – Very good
 - ♥ Over 150 – Elite
 - ♥ Over 200 – Super Trooper
- NOTES:** Players must perform a 400metre sprint immediately after finishing.



This workout can be found in [Unique Bootcamp Workouts](#) Full Version - Finisher Drills



The Gradual Grind Down

- EQUIPMENT:** None
- NUMBER OF PLAYERS:** 1+
- TIME:** 7-10 minutes
- AIM:** Complete 20 seconds of each exercise without stopping.
- METHOD:** Complete 6 rounds with a 20 second between rounds.
- ♥ Jumping power jacks
 - ♥ Press ups
 - ♥ [Jumping power jacks](#)
 - ♥ Press ups
- TIPS/VARIATIONS:**
- ♥ Modify the exercises to suit all abilities.
 - ♥ Add a suicide run at the end (optional).



This workout can be found in [Unique Bootcamp Workouts](#) Full Version - Finisher Drills



Chips & Gravy - Fun Filler

EQUIPMENT:	1 marker
NUMBER OF PLAYERS:	6+
TIME:	7 minutes
AIM:	Score as many points as possible in the given time
METHOD:	Mark out the diagram as shown and split the group in to teams of two.

To start, players must partner up with an opposing team member in the game play area. Players face one another and shake their fists (right hand) three times (as in rock paper scissors), on the forth shake, players either shout, “chips” or “gravy”.

If the word matches (i.e. they both say “chips” or they both say “gravy”) they must sprint out to the point’s marker and back, this scores each player a point.

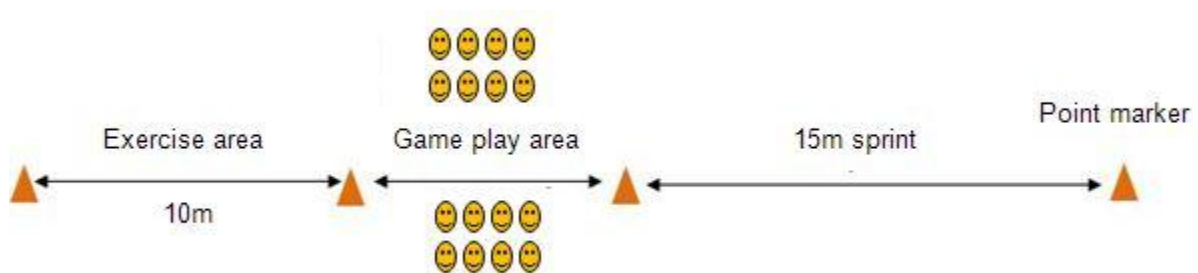
If the word doesn’t match they must perform 10 press ups in the exercise area which means they don’t score a point for that round.

Players must repeat this process until the time expires. At the end of the game each team must combine individual players’ points. The team with the most combined points wins the game.

TIPS/VARIATIONS:	<ul style="list-style-type: none">♥ Place out two run out markers, one for the low intensity group and one for the high intensity (fitter individuals) group.♥ Although players are in teams, they are allowed to play the game with whoever is available at the time.
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NOTES:	<ul style="list-style-type: none">♥ The instructor can pick any two words; it doesn’t have to be chips and gravy, however the words must go together.♥ Players must always return to the exercise area before pairing up for “chips & gravy”.♥ If teams are uneven sizes, for points-based games and challenges I ask the larger team to deduct the lowest score.
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DIAGRAM:



This workout can be found in [Unique Bootcamp Workouts](#) Full Version - Fun Fillers



Done for You

Workout 1

1. Chips & Gravy (fun filers)

7 minutes, points game matching words
Short sprint/10 press ups at intervals

2. Down the Ladder (Partner challenge)

30 minute descending sets
21-18-15-12-9-6-3 of: short sprints
Kettle bell exercises:

- ♥ Curl press
- ♥ Up right row
- ♥ Swings

3. Blast Reps (Finisher Drills)

5 minutes
As many reps as possible, Players must switch between three exercises on the instructors command.

- ♥ Plank press ups (perform press up with alternate single arm)
- ♥ In/outs (feet jump in and out from the press up position)
- ♥ Sumo Dead Lift

Workout 2

1. Triple Run Outs (Partner Challenges)

10 minutes
Running drill/exercise drill – players work to complete one drill each before swapping
Swings (kettle bell), mountain climbers, V-sit-ups

2. Square bear (creative circuits)

30 minutes
Roll the dice, complete numbered exercise and score a point – 8 exercises

- ♥ Swing (kettle bell)
- ♥ Press ups (wide arm)
- ♥ V- Sit-ups
- ♥ Squat jumps
- ♥ Forward lunge I to Kettle bell raise
- ♥ Squat thrusts
- ♥ Star jump
- ♥ Curl to shoulder press (kettle bell)

3. Who Can Hit the 5 (Team Games)

5 minutes
Teams connect in a circle and carry out the team captains commands, the team must circle the numbered cones in response to the numbers shouted out by the captain.



Workout 3

1. What am I doing? (Circuits)

25 minutes

Random circuit – short sprints

- ♥ Sumo dead lift
- ♥ Insane wipers – (press up position, feet jump wide and back in, feet jump in towards the chest and back out)
- ♥ Up right row to press (kettle bell)
- ♥ Burpee
- ♥ Shoulder press (kettle bell/sand bag/tyre)
- ♥ Alternate snatch (kettle bell)

2. Master Blaster (3 Person Drills)

12 minutes

Teams must complete each round as fast as possible, each player runs out to complete a set exercise, once they are all through the round is over. Point score

4 rounds in total

- ♥ Diamond press up (hands close together)
- ♥ Squat jumps
- ♥ Sprints

3. Jump For Goal (team game)

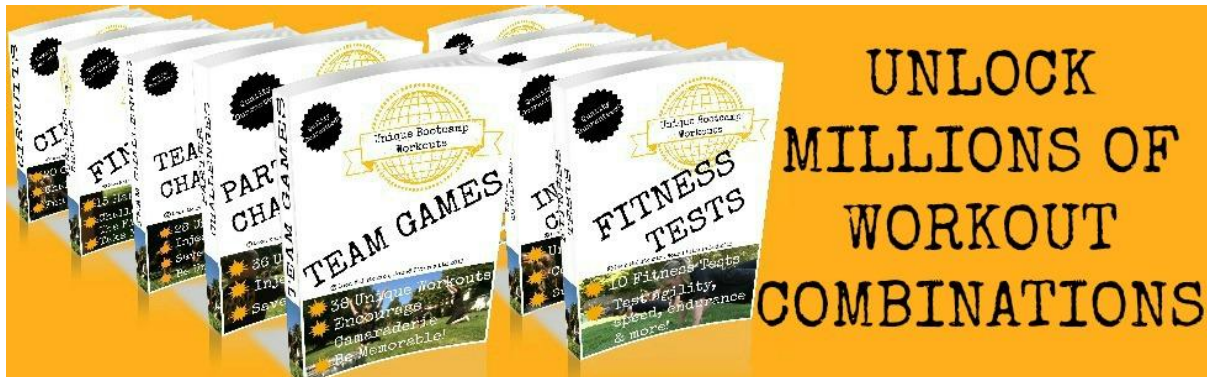
15/ 20minutes

Players from each team must (individually) perform a set number of exercises before jumping their own marker towards the goal line.

- ♥ Optional exercises



Unique Bootcamp Workouts



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