

**5 Bodyweight Training DVD Set -  
Georgette Pann  
Sure Victory Fitness Bootcamp Kit  
<http://thefitnessbootcamp.com>**

**DVD 1 / Lower Body Training**

**1) Squat Variations**

1. squats
2. prisoner squats
3. overhead squats
4. sumo squats: prisoner and overhead
5. split squat: prisoner and overhead
6. half squats
7. mixed depth squats
8. wall squat – back against wall
9. wall sit
10. wall squat – facing wall
11. leaning squats
12. rotational squats
13. walking rotational squats
14. box squats

**2) Lunge Variations**

1. Alternate forward lunges
2. Non alternate forward lunges
3. Walking lunges
4. Rotational lunges
5. Prisoner lunges
6. Overhead walking lunges
7. Reaching lunge
8. Cross body reaching lunge
9. Short plyo reaching lunges
10. OH to reach lunge
11. 1 arm OH to cross reach lunge
12. clapping under leg walk lunge
13. walking low level lunge
14. lateral lunges
15. lateral reaching lunges
16. overhead lateral lunges
17. prisoner lateral lunges
18. 180 degree lunges
19. walking lateral lunges
20. walking cross over lunge (karaoka)

**3) Reverse Lunges Variations**

1. alternate reverse lunge
2. prisoner lunge
3. OH lunge / same side or alternating
4. Rotational lunges
5. Walking backwards
6. Walking rotational

#### **4) One Legged Movements / Balance Training**

1. 1 leg reaches: 2 hands down
2. opposite hand / opposite foot
3. same hand / same foot
4. skater squat
5. bulgarian split squats / OH and prisoner
6. pistol squat on box
7. pistol squat unassisted
8. calf raises – 2 and 1 legged

### **DVD 2 / PUSH UP VARIATIONS**

#### **1) Push Ups**

1. kneeling / modified
2. basic push up / shoulder width
3. wide grip
4. close grip
5. staggered grip
6. ultra wide
7. T push up
8. Knuckles: staggered, wide, close,
9. Finger Tips: staggered, shoulder width
10. Knee to elbow
11. Hindu
12. Cobra
13. 1 leg
14. elbow push up
15. wide side to side
16. rotational w/leg
17. pike push up
18. 1 arm push up

#### **2) Hand Walking / Animal Walks**

1. lateral hand walks
2. lateral cross over hand walks
3. x over + push up combo
4. straight arm / leg walks
5. alligator crawl

6. bear crawl forwards / backwards
7. seal walk
8. crab walk forwards / backwards
9. feet against wall push ups (edit ALL outtakes – we'll make a blooper chapter!)
10. wall walks
11. lateral wall walks
12. handstand push ups

### **3) Hands Elevated Push Ups**

1. hands elevated
2. hands elevated and 1 leg
3. pike w/hands elevated
4. hand walk on elevated box
5. t push up on box
6. staggered on box

### **4) Feet Elevated Push Up**

1. feet elevated
2. feet elevated t stab
3. 1 leg
4. hindu
5. lateral hand walks

### **5) Pushing off Box or Bench**

1. bench dips
2. 1 leg bench dips
3. triceps extensions / body XT
4. hand walks on incline foam
5. walking push ups on incline foam
6. lateral walks on incline board

## **PULLING MOVEMENTS**

### **1) Pull Ups**

1. overhand
2. underhand
3. staggered grip pull ups
4. side to side neutral grip
5. L seat pull ups
6. Side to side pull up
7. Staggered width pull ups
8. Around the world
9. 1 arm pull ups
10. finger tip and one hand full grip
11. mixed grip w/towel

12. 2 hands on towel
13. grab – regrab
14. pull up into depth squat
15. recline row on bar and mixed grips (8 diff. grips)
16. WRESTLING match into blooper section

## **DVD 3/ Plyometric Training**

### **Chapter 1 UPPER BODY PUSH UP PLYOMETRICS**

1. Plyo push ups
2. clapping push ups
3. double clap push ups
4. wide to close plyo push ups
5. wide, shoulder, close plyo push
6. staggered plyo push ups
7. full body plyo
8. full body lateral plyo push
9. full circle plyo – feet stationary
10. turning plyos – short jumps to big jumps
11. hand speed drills / static holds
12. depth drop on knees
13. wall plyos
14. 1 leg wall plyos
15. 1 arm alternate wall plyos
16. staggered wall plyos

### **Chapter 2 – Lower Body Plyos**

- different hand positions

1. squat jump
2. lunge jumps
3. skater jumps / lateral
4. speed skater jumps
5. knee tuck jumps (these are in the 1 legged section – cut them back to here)

### **Chapter 3 - 1 Legged Plyos**

1. hops – various heights
2. lateral hops
3. front / back hops

### **Chapter 4 – Low Intensity Plyos**

1. ankle jumps
2. lateral ankle jumps
3. forward ankle jumps

### **Chapter 5 –**

1. 90 degree squat jump turn
2. 180 squat jump turn
3. cross ankle jumps
4. deep squat ankle jumps
5. kneeling squat jumps
6. broad jumps
7. lateral broad jumps
8. knee tuck broad jumps
9. lateral ankle jumps
10. zig zag ankle jumps
11. 1 leg broad jumps

### **DVD 4 – Circuits, Combos and Complexes**

#### **Chapter 1: Lower Body**

1. Squats, forward lunge and reverse lunge x 10 each
2. Rotational squats, forward reach lunge, lateral reaching lunges, rotational lunges x 10 each
3. squats, forward lunge, reverse lunges x 10 each
4. rotational squat, forward reach lunge, lateral reach lunge, 180 degree lunge x 10 each
5. walking lunges, squats, lateral lunges, squats, lateral lunges, hindu squats x 10 each
6. walking lunges, lateral jumps, reverse walking lunges, lateral jumps x time or distance
7. squat jumps, lunge jumps x 10 each
8. lateral skater jumps into 1 squat hold x 10, 8, 6, 4, 2
9. rotational squats, hindu squats, rotational squats, knee tuck jumps x 10 each
10. deck squat + reaching lunge x 10 each
11. low walking lunges, non lock squats, reverse low walk lunge, non lock squats x 10 each
12. squat jumps, lateral jumps, lunge jumps, knee tuck jumps x 10 each

#### **Chapter 2 – Push Up Circuits**

1. shoulder width, close, staggered x 5 of each / 20 total
2. Combat 21 – knuckles, finger tips, hindu x 7 each
3. T Stabilization, cobra, pike x 10 each
4. side to side, knee to elbow, around the world x 8 each

5. plyo shoulder width, plyo close grip, plyo staggered x 6 each
6. full body lateral, clapping, shoulder width x 8, 8 and 10
7. full body plyo, hindu, full body plyo, cobra x 10 each

### **Chapter 3 – Animal Walks, Full Body and Core Circuits**

1. bear crawl, hindu push up, crab walk, seated knee tucks x 10 each & timed rounds
2. alligator crawl + leaning push ups x 10 each / distance
3. deck squats + push ups x 10 / timed rounds
4. Up / Down push ups w/feet on box x 10
5. feet elevated hand walks, push ups, triceps extensions, reverse grip push ups x 10 each

### **Chapter 4 – Pull Up Combos**

1. Burpee + Pull Up x 10 (add leg raises for variation)
2. pull up + windshield wiper / knees to elbows / oblique leg raise x 10

### **Chapter 5 / Partner Bodyweight Training**

1. resisted push ups / 1 hand / 2 hands / different areas
2. feet elevated on back
3. hold partner's ankles
4. wheel barrow forwards / backwards / laterally / add push ups / stay low
5. wheel barrow plyo push ups finish w/hand walks
6. partner hands on back: standing / one knee / kneeling
7. partner hands on shoulder and hip (bottom man holds push up position)
8. 2 hands on shoulders
9. 2 hands on head (precaution for advanced athletes only w/neck strength)
10. push ups together / partner on side
11. partner bench press in hands
12. partner bench press with back
13. partner handstand push ups
14. partner hand tagging / alternate hands / same hands / push up combo
15. lateral plyo push up with hand tagging
16. Push Up Wrestling
17. 1 arm pull up
18. bent over row – bottom man pull up

#### **isolation movements**

1. Partner triceps extensions / reverse curls
2. shoulder lateral raises
3. pull aparts
4. shoulder press - vertical

5. shoulder push – horizontal
6. thruster
7. lunge thruster

### **Core Training / Neck Training**

1. feet elevated sit up
2. toe reaches / alternating
3. throw down leg raises / various directions
4. back extensions
5. partner glute ham raise
6. partner sit up w/partner neck extension
7. Neck Extensions
8. Lateral Neck Extensions

### **Partner Lifts**

1. Firemans carry into trunk twist
2. Firemans Squat
3. Firemans lunges
4. Zercher Squats
5. Shoulder Squats
6. Split Squat on shoulder
7. leg curls / unilateral and together
8. leg extensions
9. leg raises
10. abduction / adduction
11. dorsi flexion / extension
12. lateral abduction
13. shoulder carry / squat combo

### **Combative Drills**

1. hand pushing for balance
2. arm wrestling
3. sumo drills
4. pull wrestling over line
5. knee tag
6. arm escapes
7. sit up wrestling
8. 1 arm push up tag
9. push up tag w/feet connected
10. sumo drill w/hands connected

### **More Core Training**

1. sit ups – straight leg / bent leg / change hand positions / rotational
2. get up sit up
3. combat sit up
4. crunches – twisting, leg crossed, legs apart, toe touches
5. reverse crunch
6. plank
7. rotational plank
8. side plank
9. side plank + crunch
10. leg scissors / no hands
11. seated knee tucks
12. v ups
13. Russian twists