

# Anatomy of a Fitness Bootcamp Workout

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When people hear the word ‘bootcamp’ they immediately get tense and beads of sweat start to gather on their brow and upper lip. Their heart rate begins to elevate and eyes dart back and forth in anxiousness.

While I won’t say those responses aren’t warranted, it isn’t all about fear, sweat, and tears. There are some very scientific methods behind the workouts and the environment (at least in our bootcamp there is).

It all starts with program design and having a solid understanding of what is going to produce results, keep clients safe, and make it fun. Our bootcamp business is a results by design program rather than by chance, so our workouts are designed for a specific reason and NOT chosen at random.

And by design I’m referring to the fact that we are utilizing all movements and creating balance within the body while also choosing exercises that evoke a huge amount of energy cost. For example, if we perform strength circuits at the beginning of our workout and focus on specific movements like the pull up and push press, you can rest assured that the rest of the workout isn’t going to have a whole lot of upperbody movements involved (or at least not the focus). Sure from time to time we will perform supersets of exercises but it will most often be bodyweight movements.

Lets look further into the anatomy of a workout. Below is an actual workout we will perform in our Fitness Bootcamps in Vermont. This one is called Dakota’s Destiny

Perform 1 minute of each exercise and move through without rest from one exercise to the next. Rest 2 minutes after completion of a round. Perform 3 rounds

Exercise1: Pull Movement

Exercise 2: Full Body Quad Emphasis Movement

Exercise 3: Hip Dominant Movement

Exercise 4: Full Body Hip Emphasis Movement

Exercise 5: Abdominal Movement

Exercise 6: Abdominal Movement (different than previous)

Exercise 7: Push Movement

Exercise 8: Quad Dominant Movement

Exercise 9: Hip Dominant Movement

Exercise 10: Full Body Cardio Emphasis Movement

As you can see the workout is a little light on the push/pull movements and heavier on the hip dominant movements. However, the majority of the movements are full body but the emphasis changes. These are the most effective exercises in producing results whether you are training for fat loss, or conditioning.

The other important point is that in this workout in particular you are able to rest one movement while training another. You don't see two push moves back to back or quad moves. You do see abdominal movements back to back but you change the movement so in essence there is rest there. And you do see two hip dominant moves back to back, one is full body the other is not. In recognizing that the population as a whole has very weak hips, putting two hip movements back to back will help focus on weaker areas and strengthen them.

If we look at another workout, there is a little more random chance like Deck of Cards:

Each suit has an exercise and the number on the card corresponds to the reps to perform:

Hearts- Quad Movement

Diamonds- Hip Movement

Clubs- Pull Movement

Spades- Push Movement

Joker- 10 of each exercise

Ace- 11 reps

Face Cards- 10 reps

In this workout I always do a strength circuit first and will perform Pull ups and Push Press as the movements (Push and Pull). When the main workout comes, I am sure not to use the same specific exercises. This workout can turn into a balanced workout for some or a superset workout for others because they perform whichever card suit they draw. This adds to the fun

factor and also adds an opportunity to work on form and technique of the most common exercise movements while still getting results benefits.

Building camaraderie and expanding your comfort zones are two other very important components to a fitness bootcamp program. And often it can come right from the workout. The calculated intensity of a workout builds a 'sweat together stay together' mentality amongst the group. And a sense of 'I did it' at the end of a high intensity workout builds great community and camaraderie. The importance of this is unmatched because it keeps bootcampers accountable to others in the class and keeps campers consistent in their efforts to reach their goals.

Having a mix of science, environment, and downright nastiness is the recipe for great bootcamp workouts and results by design program.

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