## Circuit Workout

### WARM-UP

**General dynamic warm-up – 5 minutes**

### WORKOUT

- **There are 4 circuits total**
- **There are 4 stations in each circuit**
- **Each station lasts 1 minute**
- **Do each circuit twice before moving to the next circuit**

#### Circuit I
- Push-ups
- Squats
- Crunches
- Jacks

#### Circuit II
- Equalizer pull-up
- Hip extensions
- Reverse crunches
- Mountain climbers

#### Circuit III
- Tubing shoulder press
- Traveling lunges
- Back extensions
- Burpees

#### Circuit IV
- Squat, curl & press
- Lateral squat
- Plank
- High knees

**WALKING RECOVERY 2-4 MINUTES**

### COOLDOWN/STRETCH

**General stretch – 10 minutes**
**SURE RESULTS:**
**THE ULTIMATE BOOK OF BOOT CAMP WORKOUTS**

**Tonya Nelson**
FitBodies Bootcamp – Fitness for Women
(website coming soon)

**Circuit Workout**

**WORKOUT II – ARMS, BACK, CALISTHENICS**

**WARM-UP**

Stationary lunges / Butt kicks / Hi knees / 30 half jacks (jacks in a partial squat position – arms go out and in at 90 deg angle) / 20 push ups / Hamstring stretch / Quad stretch / Calf stretch (calf)
Roll arms forward/back / Head rolls
1 mile run

**WORKOUT**

**Circuit I (cardio, abs)**
(3 stations marked with cones (campers run to each station, advanced run with DBs in hand)
1. Burpees – 15
   Jacks – 30 (advanced do in air “star jumps”)
2. Downhill skiers (legs together in slight squat, arms at fist at sides – swing arms front & back as you jump from side to side keeping legs together)
   Mountain climbers – 30
3. Side bends – 15 ea
   Squat jumps – 30
**Group ABS** (Perform 30 seconds each then repeat at 20 seconds each)
Plank / R side plank / 1-leg plank / L side plank / plank w/repeating knee drop / superman / rope for 90 sec
WATER BREAK (double time while next circuit is being explained)

**Circuit II (cardio, arms)**
REPEAT 3 stations above
**Group ARMS** (Perform 40 seconds each then repeat at 20 seconds each)
Ballet squat w/curls / hammer curls / reverse grip curls / OH tri press / tri kickbacks / curb dips / rope for 90 sec
WATER BREAK (double time while next circuit is being explained)

**Circuit III (cardio, back)**
Back (1 min each - split group into 2 and repeat, etc. if needed for equipment reasons)
MB throws (from overhead, thrown down hard in front of feet) / dumbbell rows / reverse flyes / rope for 90 sec
**Group canteen relays** (2 groups and they compete – 1st team that goes thru all players wins. Losing team runs a lap)
*need 2 6-gallon water jugs/canteens filled full with water, attach long rope
1st person on each team sits w/feet on ground knees bent and pulls the rope one arm over the other as they are pulling the canteen all the way down, camper picks up the canteen and carries it back down to the end and brings rope back to next person in line. 1st person goes to back of line.

While all other campers are waiting their turn, they perform push-ups, sit-ups, mountain climbers etc. and various other calisthenics. Change the calisthenic as each new person takes their turn.

**COOLDOWN**

Quad, hamstring, calf, hip flexor stretches
Arms out to side (pretend to squeeze orange between shoulder blades)
Triceps stretch, head rolls
### WORKOUT II – WEEKEND WARRIOR WORKOUT

#### WARM-UP

5 minute warm up followed by walk/slow jog ½ way around track / stop and 50 jacks / run to start

#### WORKOUT

**Whole body**
*(Circuit)*
- DB squat & curl w/alternating knee lift – 2 mins
- Walking lunges – 30 sec each x4 (15 sec rest in between to shake legs out)
- DB curls to fatigue – 2 mins
- Side plank w/extended arm – 30 secs
- Full plank – 60 secs
- Flip to other side plank w/extended arm – 30 secs
  - **REPEAT**
  - **REST**

**Liners - cardio drills**
- Run 10 yards & back
- Run 20 yards & back
- Run 30 yards & back
- Run 40 yards & back
- Run 50 yards & back
  - **REPEAT 3X**
  - **REST**

**Upper body**
- Overhead shoulder presses w/hand weights – 1 min
- Triceps dips on bench – 1 min
- Chop wood w/hand weight cross body – 1 min
- Switch sides – 1 min
- Punch & jab w/light weights – 1 min
- Squat twist w/handweight – 1 min

**ABS – 5 min**

#### COOLDOWN

Cool down, stretches
# WORKOUT DAY I

## WARM-UP

### 5-10 minutes general warm-up and dynamic stretching

## WORKOUT

*Everything done to your LEFT is followed by push ups, that to your RIGHT is followed by crunches*

- 1 min- Power skip to the Left  
  2 pushups  
- 1 min- Power skip to the Right  
  10 crunches  
- 1 min- Shuffle Left  
  4 pushups  
- 1 min- Shuffle Right  
  15 crunches  
- 1 min- high knees to the Left  
  6 pushups  
- 1 min- high knees to the Right  
  20 crunches  
- 1 min- karaoke Left  
  8 pushups  
- 1 min- karaoke Right  
  25 crunches  
- 1 min- back peddle to the Left  
  10 pushups  
- 1 min- back peddle to the Right  
  30 crunches

*(Now start back at the top, but work your way down, pyramid-style)*

- 1 min- Power skip to the Left  
  10 pushups  
- 1 min- Power skip to the Right  
  30 crunches  
- 1 min- Shuffle Left  
  8 pushups  
- 1 min- Shuffle Right  
  25 crunches  
- 1 min- high knees to the Left  
  6 pushups  
- 1 min- high knees to the Right  
  20 crunches  
- 1 min- karaoke Left  
  4 pushups  
- 1 min- karaoke Right  
  15 crunches  
- 1 min- back peddle to the Left  
  2 pushups  
- 1 min- back peddle to the Right  
  10 crunches

## COOLDOWN

*Cool down with general stretching*
**WACKY WEDNESDAY – WORKOUT II**

### WARM-UP

10 minutes walk/run laps  
Run down (length of tennis court), then walk hands out to 1 push up  
run back, walk hands out to 2 push ups etc. on up to 8 (or when the whistle blows)

### WORKOUT

**RELAY RACE #1 - cones and hurdles (two lines, first two persons go while the others are doing jacks, etc)**
- Skip through cones / 2 knee jumps over the hurdles
- Face the group and do 5 mountain climbers / sprint back – slap hands of the next persons hand and they go

**Drills**
- 2 min walking lunges with dumbbells
- 5 min run
- 30 sec wide pushups / 30 sec regular / 30 sec triangle

**RELAY RACE #2 - cones and hurdles (like above set-up)**
- Shuffle through cones / high knees over hurdles / face group, 5 starbursts (circling arms in and out at the same time as jumping off the ground with both feet abducting) / sprint back and slap, etc.

**Drills**
- 2 min pivoting squats with dumbbells (pivot off ball of foot)
- 5 min run
- 1 min biceps with tubing

**RELAY RACE #3 - cones and hurdles (like above set-up)**
- Football run over the cones / camper’s choice over hurdle / turn, 1 burpee / sprint back and slap, etc.

**Drills**
- 2 min walking lunges with dumbbells
- 5 min run
- 30 sec wide pushups / 30 sec regular / 30 sec triangle

**RELAY RACE #4 - cones and hurdles (like above set-up)**
- Skip through cones / two-knee jumps over hurdles / turn and 5 mtn climbers / sprint back and slap, etc.

**Drills**
- 2 min pivot squats with dumbbells (pivot off ball of foot)
- 5 min run
- 1 min biceps with tubing

**5 min run**

**ABS – 1 leg up crunches 15 on each side**

### COOLDOWN

**Stretch**