

FITNESS BOOT CAMP THEME WORKOUTS

Warm Up Stretches

****3 different Warm Up Options**

****36 Fitness Bootcamp Theme Workouts**

****Cool Down Guide**

****Step by Step -Exercise Descriptions**

****Mental Workout Guide**

FITNESS BOOT CAMP

THEME WORKOUTS

WARM UP

(hold each 30 sec)

- *bend over
- *right side
- *left side
- *rotate hips
- *grab left leg in back
- *grab right leg in back
- *arms out and shoulders back
- *arms crossed over R & L
- *arms up grab elbow R & L
- *rotate neck

OPTION #1

Jumping Jacks - (1,2,3 (you yell) = 1(they yell)) 10

½ jacks - same count 10

Mt. Climbers - same count 10

Repeat 2 times

Run/walk 1/4 mile

OPTION #2

Forward skip 20 yards - same back x 2

Backward skip 20 yards - same back x 2

Side shuffle 20 yards - same back x 2

Karaoke 20 yards - same back x 2

Run/walk 1/4 mile

OPTION #3

30 Jumping jacks and run 20 yards - same back

5 Burpees and run 20 yards - same back

Forward lunges 20 yards - same back

Backward lunges 20 yards - same back

Run/walk 1/4 mile

FITNESS BOOT CAMP

THEME WORKOUTS

“NO BUTT’ S ABOUT IT”

- Warm Up - 10 minutes
- The Theme of the Day Workout - 50 minutes

Everyone will start at the same time but will go at their own pace, so you will have people doing different things at the same time. Find a space that would be equal to 1/4 of a mile (such as a track at a school) and that is the size of your track for the day.

When the time is up, the session is over no matter where in the workout the participants are.

Walking LUNGES - for about 150 yards

SKIPPING the rest of the track back to the starting point

ONE LEG GOOD MORNINGS - 20 on each side x 3

SUMO SQUATS - for about 150 yards

RUNNING BACKWARDS the rest of the track back to the starting point

STEP UP W/KNEE DRIVE(on curb) - 30 on each side x 3

BACKWARD LUNGE -for about 150 yards

SIDE SHUFFLE the rest of the track back to the starting point

LATERAL LEG SWINGS - 40 on each side

2 POINT KICKS - (high and low equals 1) 20 each side x 3

WALKING SIDE SQUATS - for about 150 yards

RUN the rest of the track back to the starting point

STEP DOWNS (on curb)- 20 on each side x 3

- BUTT’ S AND AB’ S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Back leg pulse - leg straight,

Leg pulse - leg bent up to sky

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Touch toes

Scissor kick

- Cool Down - 10 Minutes
- Mental Workout - 10 Minutes

‘BURN IT OFF BOOT CAMP STYLE”

- Warm Up - 10 minutes
- The Theme of the Day Workout - 50 minutes (when the time is up you will stop the program)

KNEE TAPS- 2 minutes - 20 sec rest

BURPEES - 2 minutes - 20 sec rest

JUMPING JACKS - 2 minutes - 20 sec rest

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FITNESS BOOT CAMP

THEME WORKOUTS

SKIPPING - 2 minutes - 1 minute rest

KNEE TAPS- 1 minute - 20 sec rest

BURPEES - 1 minute - 20 sec rest

JUMPING JACKS - 1 minute - 20 sec rest

SKIPPING - 1 minute - 20 sec rest

WALK 1/4 MILE LAP - this is to be done fast as they can but is a rest time as well

8 COUNT- 1 minute - 20 sec rest

SQUAT JUMP - 1 minute - 20 sec rest

(Ab) LEG RAISES 2 minutes - 20 sec rest

8 COUNT- 1 minute - 20 sec rest

MT. CLIMBERS - 1 minute - 2 minute rest

SPRINT 50 yards then WALK 50 yards x 6

MILITARY SIT UP (with a partner for 1 minutes each)= 2 minutes

SCISSOR KICK - 1 minute

FLUTTER KICK - 1 minute

RUN 1/4 LAP (if time allows)

BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Inner thigh leg raise

Outer thigh leg raise

Abs - You will do each of these for 1 minute each

"My Favorite" Over head toe touches

Reverse crunch

Pull the rope

Cool Down - 10 Minutes

Mental Workout - 10 Minutes

"ARE YOU UP TO THE CHALLENGE"

Warm Up - 10 minutes

The Theme of the Day Workout - 50 minutes (when the time is up you will stop the program)

DIPS (from a curb) - 1 minute

BELLY ANGELS - 1 minute

(Do this set 4 times in a row with a 20 second break in between each super-set)

PUSH UPS (1. Standard, 2. Wide, 3. Narrow, 4. Staggered) - 1 minute

LEG RAISES - 1 minute

(Do this set 4 times in a row with a 20 second break in between each super-set)

WALK FAST OR RUN 1/4 mile

ARM ROTATIONS - This set will be constant with NO ONE dropping their arms

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FITNESS BOOT CAMP

THEME WORKOUTS

and each one is for 40 sec till done.

SMALL ROTATIONS with arms out - forward then backwards

SMALL ROTATIONS with arms up - forward then backwards

SMALL ROTATIONS with arms in front - forward then backwards

HOLD ARMS OUT TO SIDE - palms facing up then palms facing down

HOLD ARMS STRAIGHT UP - palms facing IN then palms facing OUT

HOLD ARMS OUT IN FRONT - palms facing up then palms facing down

WALK FAST OR RUN 1/4 mile (if time allows)

BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Hold Hip Bridge

Hip Bridge up and down

Abs - You will do each of these for 1 minute each

"My Favorite" Over head toe touches

Elevated Bike Crunch

Stir the Pot

Cool Down - 10 Minutes

Mental Workout - 10 Minutes

"RING AROUND THE PARKIE...."

Warm Up - 10 minutes

The Theme of the Day Workout - 50 minutes

This is a fun day where you will map out a little route. You will start in one spot and that is were you will also end up at the end. Give a break as needed. Have fun with this.

SKIP 50 yards Fast STEP UP 1 min x 3

SKIP 50 yards JUMPING JACKS 1 min

SKIP 50 yards WALL SIT or HOLD A SQUAT 1 min

SKIP 50 yards PUSH UPS 1 min

LUNGES 50 yards BURPEES 1 min

WALK 50 yards STEP UPS 1 min x 3

SKIP 50 yards DIPS 1 min

SKIP 50 yards MT CLIMBERS 1 min

WALK 50 yards SQUATS 1 min

SKIP 50 yards LEG RAISES 1 min

SKIP 50 yards LATERAL LEG SWINGS 1 min each side

SKIP 50 yards CALF RAISES 30 sec each side

LUNGES 50 yards

BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo

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FITNESS BOOT CAMP

THEME WORKOUTS

bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Plank

Bird Dog

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Up and Overs

Elevated Knee Tuck

Cool Down - 10 Minutes

Mental Workout - 10 Minutes

“CIRCUIT 4 LIFE”

Warm Up - 10 minutes

The Theme of the Day Workout - 50 minutes

Each set is for 1 minutes each exercise equaling 4 minutes and each set has a lower body, upper body, full body and mid body exercise. Take a 2 minute rest in-between each set but no rest during the set.

SQUATS HIP BRIDGE RAISES LUNGES

STD PUSH UPS WIDE PUSH UPS STAG. PUSH UPS

MT. CLIMBERS HIGH KNEES BURPEES

SIDE CRUNCHES BIKE CRUNCHES TOE TOUCHES

(30 sec each side)

SQUAT JUMPS REACHING LUNGES BRIDGE - HOLD

NARROW PUSH UPS PUSH UP TWIST PLANK

SHUFFLE FAST FEET STAR JUMP

LEG RAISES WALK IT OUT AB HOLD

KICKS (30 sec each)

ARM ROTATIONS

JUMPING JACKS

KNEE TUCKS

BUTT’ S AND AB’ S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo

bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Back leg pulse - leg straight, (while laying on tummy)

Superman

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Reverse ab twist

Butterfly crunch

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FITNESS BOOT CAMP

THEME WORKOUTS

- Cool Down - 10 Minutes
- Mental Workout - 10 Minutes

“STEP IT UP”

- Warm Up - 10 minutes
- The Theme of the Day Workout - 50 minutes

Everyone will start at the same time but will go at their own pace, so you will have people doing different things at the same time. You can do this on any steps or curb. Tell them to take a break as needed on their own. When the time is up, the session is over no matter where in the workout the participants are.

FAST STEP UP (hands behind your head, prisoner style) - 60 count x 3

CROSSOVER STEP FORWARD 30 each side x 3

CROSSOVER STEP SIDEWAYS 30 each side x 3

GROIN STEP (legs spread far apart, inner thigh) 30 each side x 3

1 LEG STEP DOWN 20 each side x 3

JUMP UP ON STEP 60 count x 3

RUN/WALK for any remaining time

- BUTT’ S AND AB’ S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

One leg scissor kick (on your back) L

One leg scissor kick (on your back) R

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Ankle Twist

Reach Through

- Cool Down - 10 Minutes
- Mental Workout - 10 Minutes

“BOXING BABE’ S”

- Warm Up - 10 minutes
- The Theme of the Day Workout - 50 minutes

Everyone will do this workout together.

JUMP ROPE - 1 minute

SQUAT PUNCHES- 1 minute

PUSH UP W/CLAP - 1 minute

L-KICK 1 minute

R-KICK 1 minute

1 minute rest

SPEED BAG PUNCHES 1 minute

MT CLIMBERS 1 minute

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FITNESS BOOT CAMP

THEME WORKOUTS

MILITARY SIT UP w/punch 1 minute (each partner)

CLEAN & PRESS w/water bottle 1 minute each side

PUSH UP W/TWIST 1 minute

1 minute rest

PUNCH SHUFFLE AROUND 1/4 mile

STEP UP (Rocky Run) 1 minute x 3

SQUAT COMBO PUNCHES 1 minute

LATERAL LEG SWINGS 1 minute each side

MILITARY SIT UP (beat last #) 1 minute

BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

One leg Mt. Climber - L

One leg Mt. Climber - R

Abs - You will do each of these for 1 minute each

"My Favorite" Over head toe touches

Up and Overs

Knee Tucks

Cool Down - 10 Minutes

Mental Workout - 10 Minutes

"CORE TO THE BONE, BOOT CAMP STYLE"

Warm Up - 10 minutes

The Theme of the Day Workout - 50 minutes - (mark out 50 yards w/cones)

LUNGES - 50 yards - walk back & repeat 6 minutes

(do each of the core exercises for 1 minute each, no rest)

PLANK

LEG RAISES

REVERSE CRUNCH

BELLY BLASTER

1 to 2 minute rest

LOW SQUAT - 50 yards - walk back & repeat 6 minutes

(do each of the core exercises for 1 minute each, no rest)

PLANK - KNEE IN & OUT

BIKE CRUNCH

ALT. TOE TOUCH

REACH TROUGH

1 to 2 minute rest

BACKWARD LUNGE - 50 yards - walk back & repeat 6 minutes

(do each of the core exercises for 1 minute each, no rest)

SIDE CRUNCH - L

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FITNESS BOOT CAMP

THEME WORKOUTS

SIDE CRUNCH - R

FLUTTER KICK

SCISSOR KICK

RUN/WALK 1/4 mile if time allows

BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Mule kicks

Bird dogs

Abs - You will do each of these for 1 minute each

"My Favorite" Over head toe touches

The Alphabets

Cool Down - 10 Minutes

Mental Workout - 10 Minutes

"CARDIO MANIA"

Warm Up - 10 minutes

The Theme of the Day Workout - 50 minutes

Everyone will start at the same time but will go at their own pace, so you will have people doing different things at the same time. Find a space that would be equal to 1/4 of a mile (such as a track at a school) and that is the size of your track for the day.

When the time is up, the session is over no matter where in the workout the participants are.

WALK/RUN 1/4 mile

FAST STEP UPS (on curb) - 60 count x 3

WIND SPRINTS (mark out 3- 20 yard sections)

SKIP 1/4 mile

MT. CLIMBERS 40

FAST STEP UPS (on curb) - 60 count x 3

WIND SPRINTS (mark out 3- 10 yard sections)

RUN BACKWARDS 1/4 mile

BURPEES 20

FAST STEP UPS (on curb) - 60 count x 3

WIND SPRINTS (mark out 3- 10 yard sections)

SHUFFLE 1/4 mile

STAR JUMPS 25

FAST STEP UPS (on curb) - 60 count x 3

WIND SPRINTS (mark out 3- 10 yard sections)

SKIP BACKWARDS 1/4 mile

BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo

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FITNESS BOOT CAMP

THEME WORKOUTS

bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Back leg pulse - leg straight,

Leg pulse - leg bent up to sky

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Touch toes

Scissor kick

Cool Down - 10 Minutes

Mental Workout - 10 Minutes

“LET’ S PLAY CARDS”

Warm Up - 10 minutes

The Theme of the Day Workout - 50 minutes (when the time is up you will stop the program)

Break camp up into two to four teams of 3-4 people. Each team will get one deck of cards (without the 2’ s). One person draws card and performs exercise to the suit drawn and performs number of reps to the number on the card. Each member of the team does the same thing (draws their own card and performs their own exercise). Team who gets through the deck first wins!

(PUT THESE ON A SHEET OF PAPER FOR EACH TEAM TO HAVE)

Hearts- Chin to Knees

Diamonds- Step ups (each side)

Clubs- Modified Pull up/Inverted Row

Spades- Push ups

Joker- 10 of each exercise

Ace- 11 reps

Face Cards- 10 reps

3's- WILD- choose your exercise perform 15 reps

In round 2 add this stipulation: First Joker drawn automatically

doubles all card values drawn afterward (5 becomes 10, king

becomes 20 reps, etc) until the second Joker is drawn, then values

return to normal.

BUTT’ S AND AB’ S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo

bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Inner thigh leg raise

Outer thigh leg raise

Abs - You will do each of these for 1 minute each

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FITNESS BOOT CAMP

THEME WORKOUTS

“My Favorite” Over head toe touches

Reverse crunch

Pull the rope

- Cool Down - 10 Minutes
- Mental Workout - 10 Minutes

“CIRCUIT ME UP”

- Warm Up - 10 minutes
 - The Theme of the Day Workout - 50 minutes
- Split the group up into 3 or less per station. They will do each of the exercises in each station for 1 min each with a 1 or 2 minute rest after before moving on.

Repeat the stations as time allows. (when the time is up you will stop the program)

- a. 8 COUNTS, SQUAT SWINGS, MT CLIMBERS
- b. BIKE CRUNCH, SUPERMAN, KNEE TUCKS
- c. LUNGES, SQUATS, SPRINTER LUNGES
- d. PUSH UPS, MEDICINE BALL RAISE, BENT OVER BUTTERFLIES
- e. SQUAT JUMPS, JUMPING JACKS, HIGH KNEES
- f. WALK IT OUT, LEG RAISES, ALT TOE TOUCHES

- BUTT’ S AND AB’ S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Hold Hip Bridge

Hip Bridge up and down

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Elevated Bike Crunch

Stir the Pot

- Cool Down - 10 Minutes
- Mental Workout - 10 Minutes

“OBSTACLE COURSE”

- Warm Up - 10 minutes
- The Theme of the Day Workout - 50 minutes

There are some many options for this. Have 2 rows of your course and split the group into teams. Show the group what they have to do in the course and at what point the next person can start. Have the rest of the group, while waiting for their turn and cheering the group on, do HIGH KNEE TAPS.

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FITNESS BOOT CAMP

THEME WORKOUTS

20 JUMPING JACKS
RUN 10 YARDS
HOP THROUGH LADDER
RUN 10 YARDS
3 - 6 HURDLE JUMPS
RUN 10 YARDS
JUMP SIDE TO SIDE OVER A LONG ROPE TO END
RUN 10 YARDS
LUNGES 50 YARDS
RUN 10 YARDS
20 DIPS
RUN ALL THE WAY BACK TO START

Repeat twice

BEAR CRAWL RACE

BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Plank

Bird Dog

Abs - You will do each of these for 1 minute each

"My Favorite" Over head toe touches

Up and Overs

Elevated Knee Tuck

Cool Down - 10 Minutes

Mental Workout - 10 Minutes

"WARRIOR GAMES"

Warm Up - 10 minutes

The Theme of the Day Workout - 50 minutes

Split group into partners.

SQUAT PUNCHES (toward each other) 1 minute

PUSH UPS W/CLAP (towards each other) 1 minute

MILITARY SIT UP 1 minute

RESISTANCE PULL FORWARD (w/towel around waist) 1/4 mile each partner

POWER BOMB - W/ARMS 1 minute

POWER BOMB - W/LEGS 1 minute

SUMO SQUATS 50 yards

RESISTANCE PULL BACKWARD (w/towel around waist) 1/4 mile each

2 POINT KICK - R 1 minute

2 POINT KICK - L 1 minute

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FITNESS BOOT CAMP

THEME WORKOUTS

BEAR CRAWL 100 YARDS

TAG - (each group will be in a 3 ft area and they try to tag each other) 2 min

BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Back leg pulse - leg straight, (while laying on tummy)

Superman

Abs - You will do each of these for 1 minute each

"My Favorite" Over head toe touches

Reverse ab twist

Butterfly crunch

Cool Down - 10 Minutes

Mental Workout - 10 Minutes

"AGILITY MANIA"

Warm Up - 10 minutes

The Theme of the Day Workout - 50 minutes

Split the group into pairs. You will have 5 stations and you will do each one for 6 minutes with a 2 minute break after each before they switch stations.

STATION 1 JUMP ROPE AROUND 1/4 mile

STATION 2 PARTNER ASSISTED RUNNING FORWARD 1/4 mile

STATION 3 AGILITY BALL

STATION 4 PARTNER ASSISTED RUNNING BACKWARDS 1/4 mile

STATION 5 LUNGES 50 yard, walk back and start again

BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

One leg scissor kick (on your back) L

One leg scissor kick (on your back) R

Abs - You will do each of these for 1 minute each

"My Favorite" Over head toe touches

Ankle Twist

Reach Through

Cool Down - 10 Minutes

Mental Workout - 10 Minutes

FITNESS BOOT CAMP

THEME WORKOUTS

“ THE FIT DECK”

- Warm Up - 10 minutes
- The Theme of the Day Workout - 50 minutes

This is a deck of cards that has upper body, lower body, mid body and full body workouts and 5 wild cards. You will shuffle the deck and you will do 7 cards at a time for 1 minute each and then take a 1 to 2 minute break. You will repeat this process till your time runs out. This workout will fall into a different order every time you do it.

- BUTT’ S AND AB’ S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

One leg Mt. Climber - L

One leg Mt. Climber - R

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Up and Overs

Knee Tucks

- Cool Down - 10 Minutes
- Mental Workout - 10 Minutes

“ROLL THE DICE”

1. Warm Up - 10 minutes
2. The Theme of the Day Workout - 50 minutes

Teams of 3-4 people

- First person runs to opposite end of room/arena (or distance of about 30 feet) to roll their dice.
- Numbers on dice correspond to exercise on the board.
- Perform the exercise you rolled then sprint back to team and tag the next person in line.
- Each person performs the relay 3-4 times

Exercises

1's- Lunge Jumps x 10 each leg

2's- Prisoner Squats x 10

3's- FREEBIE

4's- Burpees x 10

5's- Push Ups x10

6's- One lap around designated area about 1/10 mile

3. BUTT’ S AND AB’ S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo

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FITNESS BOOT CAMP

THEME WORKOUTS

bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

One leg Scissor Kick - L

One leg Scissor Kick - R

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Up and Overs

Knee Tucks

Cool Down - 10 Minutes

Mental Workout - 10 Minutes

“KETTLE YOUR BELL”

Warm Up - 10 minutes

The Theme of the Day Workout - 50 minutes

· Split camp up into three to four teams (so you have at least two to a team)

· On go first person on each team sprints to kettlebell on other side of room/arena (or a distance of 20-30 feet)

· Perform 15 kettlebell swings

· Once finished lunge back to start position

· Next person in line can begin their leg when teammate ahead of them begins to lunge back to start

· Complete two to three rounds

If space is limited: first person sprints toward kettlebell then sprints back to team, sprints to kettlebell again then performs 20 jumping jacks, THEN grabs kettlebell to perform swings)

BUTT’ S AND AB’ S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo

bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Back leg pulse - leg straight, (while laying on tummy)

Superman

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Reverse ab twist

Butterfly crunch

Cool Down - 10 Minutes

Mental Workout - 10 Minutes

FITNESS BOOT CAMP

THEME WORKOUTS

“KETTLE BELL MANIA”

- Warm Up - 10 minutes
- The Theme of the Day Workout - 50 minutes
 - Camp is split up into three to four teams with one less kettlebell than there are teams set up on the opposite side of the room/arena (approx. 30-40 feet away)
 - On go first person from each team sprints to kettlebells
 - Last person to get to kettlebells must sprint to the end of the arena/room/designated distance (approx double 60-80 feet away double the distance)
 - People at kettlebells perform 10 swings and then sprint back to start
 - Event will run in heat format (equal start) rather than in relay format
 - Each person runs twice

If space is limited: first person sprints toward kettlebell then sprints back to team, sprints to kettlebell again then performs 20 jumping jacks, THEN grabs kettlebell to perform swings)

Odd person out must run down and back again, then perform 10 Burpees

- BUTT’ S AND AB’ S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Plank

Bird Dog

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Up and Overs

Elevated Knee Tuck

- Cool Down - 10 Minutes
- Mental Workout - 10 Minutes

“SHUTTLE RUN MANIA”

- Warm Up - 10 minutes
- The Theme of the Day Workout - 50 minutes
 - Split camp up into pairs or threes
 - On go first person in line runs 20 yards performs 10 Jumping Lunges
 - Runs back to start, then runs 40 yards performs 10 Jump Squats
 - Runs back to start, then runs 60 yards performs 10 Squats

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FITNESS BOOT CAMP

THEME WORKOUTS

- Runs back to start and tags teammate to go.
- Repeat 3 times

BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Hold Hip Bridge

Hip Bridge up and down

Abs - You will do each of these for 1 minute each

"My Favorite" Over head toe touches

Elevated Bike Crunch

Stir the Pot

- Cool Down - 10 Minutes
- Mental Workout - 10 Minutes

"BEAT MY SCORE"

- Warm Up - 10 minutes
- The Theme of the Day Workout - 50 minutes

- Split camp into two teams

- Each camper, on go tries to score as many points for their team as they can in 15 min.

- Campers score points by performing an exercise and the reps assigned to that exercise

- Each camper must do all exercises at least once

- When you complete an exercise and its reps score a point under that exercise under your team on the white board (or piece of paper), continue to perform exercises until the time is up.

Dips x 15 reps

Prisoner Squat x 12

Burpees x 10

Knee Tucks x 15

Push ups x 15

BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Inner thigh leg raise

Outer thigh leg raise

Abs - You will do each of these for 1 minute each

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FITNESS BOOT CAMP

THEME WORKOUTS

“My Favorite” Over head toe touches

Reverse crunch

Pull the rope

- Cool Down - 10 Minutes
- Mental Workout - 10 Minutes

“TAG, YOUR IT”

- Warm Up - 10 minutes
- The Theme of the Day Workout - 50 minutes
 - In 20x20 space one person is designated as 'it', and maintains a raised hand throughout game.
 - The person who is it runs around tagging others, making them 'it' as well (also with their hands up) .
 - Each person has an exercise assigned to them (do this before workout on score sheet), the last one tagged decides what exercise everyone will do. The reps are always 10.

Exercises:

Burpees

Prisoner Squats

Knee Tucks

Lunge Jumps

Dips

Step ups

Push ups

Jump Squats

(if more participants, repeat some exercises)

- BUTT’ S AND AB’ S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Back leg pulse - leg straight,

Leg pulse - leg bent up to sky

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Touch toes

Scissor kick

- Cool Down - 10 Minutes
- Mental Workout - 10 Minutes

FITNESS BOOT CAMP

THEME WORKOUTS

“LETS ROLL THE DICE”

- Warm Up - 10 minutes
- The Theme of the Day Workout - 50 minutes
 - In groups of two or three start the game by jogging 1-2 laps (distance of 1/10 mile or perform 40 Jumping Jacks); each subsequent round will be started with a run (or Jumping Jacks)
 - Roll the Dice twice to determine exercises performed as a group
 - Each number on the dice corresponds to exercise on board
 - Score as many rounds as you can in 15 minutes (run and two exercises is one round)

1's- Push ups x 15

2's- Dips x 15

3's- Knee Tucks x 15

4's- Jump Squats x 15

5's- Burpees

6's- Prisoner Squats x 15

- BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Mule kicks

Bird dogs

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

The Alphabets

- Cool Down - 10 Minutes
- Mental Workout - 10 Minutes

“BASEBALL, BOOT CAMP STYLE”

- Warm Up - 10 minutes
 - The Theme of the Day Workout - 50 minutes
 - Set up bases in a baseball diamond format around room/arena
 - Break camp up into two teams
 - Everyone lines up at home to start game
 - On go run to first base perform 10 Burpees
 - Run to second base perform 10 Sky and Ground Squats
 - Run to third base perform 10 Chin to Knees
 - Run home perform 10 Push ups then score a run for your team on the white board
- If space is limited, perform lunges when moving from base to base rather

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FITNESS BOOT CAMP

THEME WORKOUTS

than running

Score as many runs as you can for your team in 10 minutes

Play for 15 min - break - do again

Alternative:

A great way to increase the speed of this game is to make it into a relay.

- Line up the two teams at home, on go first person on each team runs to first base and performs five Burpees (all reps are now five).
- Once the first person (or person ahead of the next) finishes reps at second base, next teammate starts.
- Once finished rounding the bases, score a run for your team on the board.
- Most points at the end wins.

BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

One leg Mt. Climber - L

One leg Mt. Climber - R

Abs - You will do each of these for 1 minute each

"My Favorite" Over head toe touches

Up and Overs

Knee Tucks

Cool Down - 10 Minutes

Mental Workout - 10 Minutes

"BRING IT ON PARTNER DAY"

Warm Up - 10 minutes

The Theme of the Day Workout - 50 minutes

- Pair up campers of equal or similar ability levels
- For first minute one partner performs Burpees counting reps
- The other partner performs Push Ups counting reps
- After one minute compare scores and your partner tries to beat your score by switching exercises. The possibilities are endless with this one. You can really use any two exercises together to create a partner competition

Dips Squats

Knee Tucks Bird Dogs

Good Mornings Walk it out

Leg Raises Star Jumps

Mt Climbers Knee Taps

Bike Crunch Hip bridge raises

Jumping Jacks Squat jumps

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FITNESS BOOT CAMP

THEME WORKOUTS

Wide Push Ups Toe touches

- BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

One leg scissor kick (on your back) L

One leg scissor kick (on your back) R

Abs - You will do each of these for 1 minute each

"My Favorite" Over head toe touches

Ankle Twist

Reach Through

- Cool Down - 10 Minutes
- Mental Workout - 10 Minutes

"PARTNER TAG"

- Warm Up - 10 minutes
- The Theme of the Day Workout - 50 minutes

Two people are "it". They hold hands and chase the other participants. The person that they catch then

joins the chain by linking hands. When another person is caught they can stay together or split 2 and 2

but they must split into even numbers and can link together at will. This game is played until no one is left.

The last two become "it" for the next game.

- BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Back leg pulse - leg straight, (while laying on tummy)

Superman

Abs - You will do each of these for 1 minute each

"My Favorite" Over head toe touches

Reverse ab twist

Butterfly crunch

- Cool Down - 10 Minutes
- Mental Workout - 10 Minutes

FITNESS BOOT CAMP

THEME WORKOUTS

“CAPTURE THE CONE”

- Warm Up - 10 minutes
- The Theme of the Day Workout - 50 minutes

There are two equal teams. Team 1 has one side of the playing field and Team 2 has the other side.

Divide the playing field in half with cones. Keep the entire playing field to around 200 yards. Use 4 cones

in a rectangle to mark off the boundary lines. By keeping the playing field to 200 yards or less, this will

ensure that people don't wander off too far looking for or hiding the cone. The teams are given a time

period, 1 minute, to hide their cone in their part of the field. They can hide the cone behind a tree, up on a

lower tree limb, behind a bench, or any type of stationary object. *Optional - During this period 1 or 2 spies

from each team can be sent out to see where the cone is hidden as well as 1 or 2 look-outs from the

opposing team to catch the spies. If the spies travel out over their side of the field they can be tagged by

the look-outs and they must go to "jail" and perform nonstop jumping jacks. "Jail" is a predetermined area

off to the side of the playing field. When the instructor calls "1 minute" you simply try to get the other

team's cone and return it to your side of the field. If you get tagged by the opponent on their territory you

have to go to jail and do jumping jacks nonstop until the game is over. The first team to capture the cone

and bring it back to his or her side wins. In this version you have to capture the cone, and bring it back

safely to your side of the field. This game is a totally different game at night or early morning!

- BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo

bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Plank

Bird Dog

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Up and Overs

Elevated Knee Tuck

- Cool Down - 10 Minutes

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FITNESS BOOT CAMP

THEME WORKOUTS

- Mental Workout - 10 Minutes

“THE COMMANDO WORKOUT”

- Warm Up - 10 minutes
- The Theme of the Day Workout - 50 minutes
Pushups 20 repetitions (reps) Sit-ups 20 reps - Pushups 15 reps Sit-ups 15 reps - Pushups 12 reps Sit-ups 12 reps - Body weight (B.W.) squats 1 min V-ups 30 seconds (sec) This is a sit up where both the lower and upper body come off the ground to meet at a point above your stomach. Alternate forward lunges 1 minute (min) V-ups 30 sec Burpee's 30 seconds Side to side lunge Skip rope for one minute B.W. squats 1 minute V-ups 30 sec Low position squat holds (5 second bottom holds) 1 minute Mountain climbers 30 sec V-ups 30 sec Side to side lunge 30 sec Skip for one minute Pushups 25 - Arm circles 30 sec forward than back Keep thumbs pointing down. Pushups 15 - Arm circles 30 sec forward than back Pushups 10 - Arm circles 30 seconds forward and back Skip one minute V-ups 30 sec Squat JUMPS 30 seconds Jumping jacks 1 min
- BUTT' S AND AB' S - 10 minutes
Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.
Fire hydrants
Hold Hip Bridge
Hip Bridge up and down
Abs - You will do each of these for 1 minute each
“My Favorite” Over head toe touches
Elevated Bike Crunch
Stir the Pot
- Cool Down - 10 Minutes
- Mental Workout - 10 Minutes

“THE MOST EGGSELENT WORKOUT”

- Warm Up - 10 minutes
- The Theme of the Day Workout - 50 minutes
You will take 16 empty Easter eggs and fill each one with a different exercise.
Lunges, side shuffle around track, run/sprint around track, skip around track, rocky run for 2 min, burpees 1 min, Mt climbers 1 min, Bear crawl 2 min, etc..
I put the eggs in a camo bag and had one person pick each time. Everyone did whatever was on the paper for the time it said. Take the breaks as needed. Fun for all year long if you can find Camo eggs like I did.
- BUTT' S AND AB' S - 10 minutes
Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell “it feels awesome” and they will do 10 more till everyone is

FITNESS BOOT CAMP

THEME WORKOUTS

done and everyone will start on the next side together.

Fire hydrants

Back leg pulse - leg straight,

Leg pulse - leg bent up to sky

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Touch toes

Scissor kick

Cool Down - 10 Minutes

Mental Workout - 10 Minutes

“HOW DO YOU GET TO THE OTHER SIDE?”

Warm Up - 10 minutes

The Theme of the Day Workout - 50 minutes

I cone out about a 100 yard area. Depending on the size of the class, half can go on one side and half on the other or every one can start on the same side. I have the first person pick from a small deck of cards that I have made up that have different exercises on them that they have to do. The person will pick and I will ask “How do we get to the other side?” . I make them yell what they drew and everyone will do the exercise to the line and back. They do this 6 times and then we go and do push ups for 1 min then rest for 2 min. Start again....

Exercises:

Backward Lunge

Side Shuffle

Back Shuffle

Lateral Lunges

Squats

Forward Lunge

Bear Crawl

Sumo Walk

Backward Skip

Forward Skip

Frankenstein Walk

30 Jumping Jack and run to line

BUTT’ S AND AB’ S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Inner thigh leg raise

Outer thigh leg raise

Abs - You will do each of these for 1 minute each

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FITNESS BOOT CAMP

THEME WORKOUTS

“My Favorite” Over head toe touches

Reverse crunch

Pull the rope

- Cool Down - 10 Minutes
- Mental Workout - 10 Minutes

“RUN LIKE THE WIND”

- Warm Up - 10 minutes
- The Theme of the Day Workout - 50 minutes

This is a great cardio day...it kicks butt, literally!!

I had them run 50 years and sprint 50 years continual for $\frac{1}{2}$ mile. Then they will do sets of the following after every lap for 1 min.

Push ups - then they run/sprint

sit-ups - then they run/sprint

jumping jacks - then they run/sprint

lunges - then they run/sprint

dips - then they run/sprint

Take the breaks as needed..

- BUTT’ S AND AB’ S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Inner thigh leg raise

Outer thigh leg raise

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Reverse crunch

Pull the rope

- Cool Down - 10 Minutes
- Mental Workout - 10 Minutes

FITNESS BOOT CAMP

THEME WORKOUTS

“OW”

- Warm Up - 10 minutes
- The Theme of the Day Workout - 50 minutes

Side shuffle around track 1/4 mil

Good mornings 1 min each side

Burpees 1 min

Butterfly arms 1 min

Run/Sprint on 1/4 track

Suicides - 2 min (this is starting from a lying down position on your back, coming up to a standing position without using your hands and running our 20 yards, touching the ground and coming back to the lying down position)

Walk it out - 1 min

Crab walk - 1 min

17's - 1 min (Run back and forth 20 yards as fast as you can and try for 17 laps)

Dips - 1 min

Mt Climbers - 1 min

Push ups - 1 min

Rock run - 1 min

On step or curb - jump up, jump down, jumping jack - 1 min

Jumping jacks - 1 min

Squats - 10 single, 10 pulse, 10 single, 10 with hold, 10 single, 50 double time
(if you still have time, one more run/sprint on track)

- BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Bird dog - 1 min each side

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Half ups - 1 min each side (from the position above, bend one leg and slightly lift the other. Come only half way up on your crunch and back down.)

- Cool Down - 10 Minutes
- Mental Workout - 10 Minutes

FITNESS BOOT CAMP

THEME WORKOUTS

“SPORTS CONDITIONING DAY”

- Warm Up - 10 minutes
- The Theme of the Day Workout - 50 minutes

Agility drills - with rings or ladders

*2 feet in each box, *Shuffle, *Karaoke, *Backpedal, *2 feet in 1 foot out

Interval Circuits

*Burpees - 1 min, Belly blasters- 1 min, 8 counts - 1 min, Plank- 1 min, Mt climbers- 1 min

Step/Plyometrics

*Side hops - 1min, Jump up/step down - 1min, fast feet - 1 min, lateral jumps -1min

Agility drills - with cones in 20 yard settings

*Shuttle drills -1 min, run around cones - 1 min, shuffle drills - 1min, sprint-backpettle-sprint-run - 1min.

- BUTT’ S AND AB’ S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Mule kicks

Bird dogs

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

The Alphabets

- Cool Down - 10 Minutes
- Mental Workout - 10 Minutes

“BOOT CAMP INTERVAL TRAINING”

- Warm Up - 10 minutes
- The Theme of the Day Workout - 50 minutes

Everyone will start on the same side.

#1 Sprint 20 yards, do 8 squats, sprint back do 8 push ups, then 7 etc...

#2 Fast feet (30 sec) sprint to end and skip back - 10 reg push up, 10 narrow push ups, 10 wide push up (x3)

#3 Suicide (from laying down position, come up without hands and run to other side), 10 jumping jacks, 10 squats, 16 butterfly arms (x3)

#4 High knee run to other side, 10 jump squats, run backwards back, 12 lunges on each side (x3)

#5 Side shuffle across, 10 star jumpers, shuffle back, 10 start jumpers (x3)

- BUTT’ S AND AB’ S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell “it feels awesome” and they will do 10 more till everyone is

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FITNESS BOOT CAMP

THEME WORKOUTS

done and everyone will start on the next side together.

Fire hydrants

One leg Mt. Climber - L

One leg Mt. Climber - R

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Up and Overs

Knee Tucks

Cool Down - 10 Minutes

Mental Workout - 10 Minutes

“SUPER 20 CIRCUIT”

Warm Up - 10 minutes

The Theme of the Day Workout - 50 minutes

Goal of class ~ Speed through each station doing 20 reps of each exercise! Try to get through the mini circuit as many times as you can successfully completing 20 reps at each station! Make sure to stay in order!

Stations:

1) Jumping jacks (can use a modified jack)

2) Run laps around aerobic room

3) Squat jumps

4) Alternate kicks (advance this by adding a hop)

5) Knee ups (advance this by doing high knees)

6) Push ups

7) Jump ups on bench (modify by stepping up)

8) Jump rope (20 jumps)

9) Alternate punch the sky (modify by punching out in front of you)

10) Burpees

BUTT’ S AND AB’ S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

One leg scissor kick (on your back) L

One leg scissor kick (on your back) R

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Ankle Twist

Reach Through

Cool Down - 10 Minutes

Mental Workout - 10 Minutes

FITNESS BOOT CAMP

THEME WORKOUTS

“BOOT CAMP SUPER 4 SET”

- Warm Up - 10 minutes
- The Theme of the Day Workout - 50 minutes

Set 1: 12 minutes

A. 4 corners: Back pedal, shuffle in low squat, karaoke, sprint-5 minutes; 25 squats.

One side of

the room is back pedal, one side shuffle in low squat, one side karaoke, and one of the longest

side is sprint. Just designate which wall is which and keep it going for 5 minutes!

B. Butterfly arms-1 minute Repeat both sections.

Set 2: 12 minutes

A. Indian Runs. 2 laps with band-forward and back.-2x

Indian Run: Have everyone line up in a straight line. Have them run around the perimeter of the

room. The last person in line sprints until they get to the front of the line. They slow back down

to the pace of the group, and the next person who is at the end now sprints. After 4 minutes of

this, I had them put a band around their ankles and do 2 lunge type laps across the room.

B. Shoulders: Push ups-1 minute. Repeat both sections.

Set 3: 10 minutes

A. Partner 1: lunges off the bench. Partner 2: over-the-top drill: hold weighted ball over-head.

Lunge forward, leaning with upper torso in the direction of step. Lean right/left not forward/back.-2x each

B. Triceps: narrow push ups. Repeat both sections.

Set 4: 7 minutes

A. 10 by 10 squats: 10 sets of 10 squats. Hold tenth one of each set for 10 seconds.

B. Wide push ups-1 minute. Repeat both sections.

BUTT’ S AND AB’ S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Back leg pulse - leg straight, (while laying on tummy)

Superman

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Reverse ab twist

Butterfly crunch

Cool Down - 10 Minutes

Mental Workout - 10 Minutes

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FITNESS BOOT CAMP

THEME WORKOUTS

“PARTNER DAY BOOT CAMP STYLE”

☐ Warm Up - 10 minutes

☐ The Theme of the Day Workout - 50 minutes

Partner Drills: adjust time and distance to your parameters

Parachute drill - about 2 minutes (loop band around waist - hold on or it digs in! - pull your

partner forward, partner should sit into a squat and hold elbows up with hands tight to body to

target triceps)

Overhead tricep & jog (one person does an overhead tricep drop with a 4 pound medicine ball

and partner jogs down & back x 2).

Ball toss crunch (one partner crunches & tosses med ball to standing partner 25 each & repeat)

Overhead shoulder & jog (one person does an overhead shoulder press while other jogs x 2)

ABC plank (hold plank head to head and slap hands 1 for each letter and then reverse the

alphabet - FUN!)

10,9,8 push-up/ recovery (both in push-up position; first person does 10 while second person

rests, second person does 10 while first person rests, then do 9 push-ups then 8, etc)

Jacks & calf raises (1 person does 25 jacks while other does calf raises, switch and repeat as

many times as you like)

Agility training: I purchased 12 hoola hoops & sidewalk chalk from my local \$ store for this. I set

up a basketball court like this:

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FITNESS BOOT CAMP

THEME WORKOUTS

everyone will start on the next side together.

Fire hydrants

Plank

Bird Dog

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Up and Overs

Elevated Knee Tuck

Cool Down - 10 Minutes

Mental Workout - 10 Minutes

COOL DOWN

*Lay down on back and bring the right leg over the left (glute stretch)

*Sit up on butt and open legs -

reach forward

go to right

go to left

*arms out and shoulders back

*arms crossed over R & L

*arms up grab elbow R & L

*rotate neck

Exercise Descriptions

1 leg step down - stand on a bench or curb. Take one leg off and bring it towards the ground and then back up.

2 Point Kick - While bending over to the side with your hand on a curb or bench, imagine a person standing to the side of you and kick out in the shin area and then in the waist area.

8 - Count - this is a burpee with a push up when you go down.

Arm Rotations - small circles in the air with your arms

Bear Crawl - you will go on your hands and feet and walk around, like a bear!!

Belly Angels - Lay on your belly and lift your hands and feet off the ground and move them back and forth like you are making a snow angle.

Belly Blaster - just like the plank but you will move your butt up and down.

Bent over Butterflies - while standing, bend forward parallel to the ground. With your arms out in front of you, towards the ground, bring up your elbows as far as they go and back down.

Burpees - From a standing position, jump as high as possible and land down on your feet with your hands on the ground. Kick your feet back. For a moment you will be in a push up position and jump back up again as fast as possible. Repeat for the required repetitions

Clean and press - open legs and lift the water bottle up in the air with one arm. You are to squat down and touch the ground with the water bottle. Repeat till time to do

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FITNESS BOOT CAMP

THEME WORKOUTS

other side.

Crossover steps - you will cross one leg over the other

Dips - you sit on a curb or bench, lift your body up and off and bend your elbows and pulse down and up, do this till time is up.

Fast step ups - (rocky run) running in place up and down a step or curb as fast as you can.

Good Mornings - Standing on one leg proceed to bend forward keeping your back flat and your leg on the ground straight. Maintaining your balance return to the starting position and repeat for the desired repetitions.

Groin step - this is a wide step. Keeping the legs out very wide with each step.

Knee Taps - stand with your arms in the air and lift up one leg and bring down your arms to meet your leg and repeat.

Lateral Leg swing - while standing and holding on to something for stability, swing the right leg in front of the left and out to the side as high as possible. Complete reps and do other side.

Low Squat - stay in a squat position and walk sideways without standing up.

Lunges - lower your back leg until your knee touches the floor.

Medicine ball raise - take a medicine ball and hold it straight up in the air with both hands. Have your legs open and you will come down with straight legs and arms and go to the right side, up then the left and repeat.

Mt Climbers - Start by getting on your hands and feet in a prone position. Keeping your body parallel to ground drive your knees up towards your chest alternating back and forth. Repeat this movement for the required number of seconds.

Military sit up - one partner hold the feet of the other and they are to come all the way up to a full sit up.

Partner assisted running forward/backward - have one of the partners place a towel around there waist and the other person takes the ends. They try to hold back the person while they are trying to run ether forward or backwards.

Plank - on your elbows and toes and hold

Plank - Knee in and out - While in the plank position bring your leg up towards your shoulder and back into position and repeat other side.

Power bomb w/arms - two partners face each other. One holds their hands out with clasped fist about shoulder height and the other partner will place their hands on the wrist and vigorously try to push down while the other is resisting.

Power bomb w/legs - one person lays on the ground with their legs up and the other person will stand by their head. The one laying down will hold on to the partner behind the ankles and the one standing will grab the legs and push them towards the ground, forward or side to side while the partner is trying to not let them touch the ground.

Push up wide - arms out wide

Push up narrow - hands in front and together like a diamond

Push-up staggered - one hand high, one low, do push up and then change your hands every time you come up.

Push Up w/twist - do a push up and then lift one arm up to reach towards the sky.

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FITNESS BOOT CAMP

THEME WORKOUTS

Bring it down and do the next push up and then lift up the other arm.

Push up with a clap - have the partners face each other and they do a push up at the same time and clap each others hands when they come up before they start the next.

Reaching Lunges - while doing the lunge you will reach forward and touch the ground by your front foot.

Sprinter Lunges - from a sprint position (like for a race) with your hands down by your front foot, you will bring the back leg forward then back and repeat till time is up.

Squat Jump - while in a squat position, squat down and jump up, landing in the same squat position.

Squat Punches - stay in a squat position and alternate punching forward with your arms.

Squat swings - in a squat position swing your hands in between your legs and then come up and reach towards the sky.

Star jumps - squat down and jump up with your arms going in the air.

Step downs - stand on a curb or bench, bring one foot down to touch the ground and then bring it back up.

Step up with a knee drive - On a bench or a curb place one of your feet. This will stay planted till you switch sides. Lift up your body up onto the bench or curb and bend your knee towards you chest.

Sumo Squats-facing forward go into a squat position and to move forward you must lift your leg over your hip like a sumo guy going towards his opponent.

Walking Side Squat - squat down and come up, cross the foot over to move down the field.

Abs

Over head toe touches - while laying flat on your back with your arms and legs out flat, bring your upper body all the way up and forward and touch your toes.

Toe Touches - lay flat on your back, put your legs in the air and pulse up with your upper body towards your toes.

Scissor Kick - lay on your back, place your hands under your butt and lift your legs 6 to 12 inches off the ground and criss cross them over each other.

Reverse ab twist - lay on your back with your legs in the air. You will lift your butt up off the ground and twist it to one side then repeat to the other side.

Butterfly crunch - lay on your back, open your legs with your feet together and pulse through your legs.

Elevated bike crunch - while on your butt, place your arms behind you for support and lift your legs and do the bike

Stir The Pot - while laying on your back, pretend you have a big spoon in your hands and a big pot in your lap. Bring up your upper body and stir the pot to the left and then to the right when told to change directions.

Reverse crunch - lay on back, legs in the air, lift your butt off the ground and repeat.

Pull the rope -lay down on your back, imagine a rope hanging in front of you from the heavens and you are going to try and pull it alternating the left and right sides.

Alphabets - lay on your back with your hands under your butt. When I say "A" you will

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FITNESS BOOT CAMP

THEME WORKOUTS

draw an "A" with your legs going as close to the ground as you can. Repeat this through the whole alphabet.

Up and Overs - place your water bottle down by your ankles and while sitting place your hand behind you for support. Place both legs to one side of the bottle and then lift and take over the bottle and repeat.

Knee Tucks - while on your butt, place your hands behind you for support, bring your knees into your chest and then straight out about 6 in off the ground, and repeat.

Ankle Twist - lay on your back and bend your knees. Hands to your sides and sway from side to side touching your ankles.

Reach Through - lay on your back and bend your knees. Slightly open your legs and you will either pulse thru or come all the way up into a full sit up.

Side crunches - lay on your back, bend your knees to one side while keeping your shoulders on the ground. You will pulse up like a crunch.

Leg Raises - lay on your back and place your hands under your butt. Lift your legs off the ground and bring them all the way up then back down and repeat.

Walk it Out - stand up and bend forward by your feet, walk your hands out till you get to a push up position and then walk them back in, touch your toes and do it again.

Ab Hold - lay on your back and place your hands under your butt. Lift your legs up off the ground about 6 to 12 inches and hold it.

Flutter kick - lay on your back with your hands under your butt. Lift one leg up and then alternate each leg up and down as fast you can.

Butts

Fire Hydrants - while on all fours, lift your one side up like you are peeing on a fire hydrant.

Back leg Pulse - while on all fours, put one leg straight out behind you with your foot flexed and pulse up while squeezing your butt.

Leg Pulse - while on all fours, pout your leg out straight and then bend your knee so your foot is like pushing up the sky. Pulse up while squeezing your butt.

Superman - while laying on your tummy you will lift your legs and arms up at the same time and then come down and repeat.

Hip Bridge - lay on the ground with your knees bent, lift up your hip off the ground and either hold in place or pulse up and down. Squeeze the butt every time.

Inner thigh leg raises - lay on your side, place your top leg in front of the bottom one with your foot at about your knee area. Pulse up the bottom leg.

Outer thigh leg raises - lay on your side, lift up your top leg as high as you can and repeat.

Mule Kicks- while on all fours, kick your leg back and up.

Bird Dog - while on all fours, lift out your left arm and right leg and bring it back in and repeat on other side.

One leg mt climber - lay back and lift one leg up in the air. You will climb up your leg and touch your toe and repeat.

One leg scissor kick - lay on your back and lift one leg in the air. Bring that leg

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FITNESS BOOT CAMP

THEME WORKOUTS

towards the ground forward and then back up as fast as you can.

SELF IMPROVEMENT PROJECTS

A.K.A. “**Mental Workouts**” is a very important part of my Fitness Boot Camp Program.

This is where the members will really start to feel good and to get to know each other and build the lasting relationships that will keep them coming back for more. I have listed for you several of my favorite ideas to use for this. The first 3 I use in every camp and the 4th week I alternate with others. I think the first 3 items are important for the new boot campers as well as the returning. Have fun with this. Each of the projects are shared in class at the end of the week.

4. **GOAL SETTING** - I have a list of 6 categories that the members are to put down and leave 5 spaces after each. In each space they are to put down a goal with a date in that category. My favorite categories are: Physical, Financial, Social, Career, Family & Spiritual.

5. **GRATITUDE PAGE** - They are to have an area in their journal that they are to place any compliments they have been given, accomplishments they have had and things they are noticing about their body as they go through their new healthy journey as they happen. Each item needs to be dated. During the project week they are to place in at least one entry. This is an area that they can look back on when they have a down moment or just need to be lifted up and by reading this, that will always happen.....

6. **POSITIVE AFFIRMATIONS** - New campers are to list 25 Positive affirmations in their journal. Returning are to add 5 more to their list. A positive affirmation is a positive statement about themselves or life. Look online for inspiration. My favorite affirmation is “Today is a new day, a clean slate, with NO mistakes on it” . They are to read these everyday for the duration of their camp on their own but will share a few in class.

7. **FUN CADENCE CALLS** - Ask for the participants to write out a 4 line cadence call. It is very fun to see what they come up with. Use them during your warm ups and class.

8. **TESTIMONIALS** - Ask for the members to write out a testimonial to share with the others on what Boot Camp has meant to them. This does 2 things. It reminds them of WHY they are doing the program and why most will continue and you can take this and put it on your web site to have others see what members are feeling about your class. It is a great tool, don't pass it up, especially in the beginning of your business.

FITNESS BOOT CAMP THEME WORKOUTS

Warm Up Stretches

- **3 different Warm Up Options
- **36 Fitness Bootcamp Theme Workouts
- **Cool Down Guide
- **Step by Step -Exercise Descriptions
- **Mental Workout Guide

WARM UP

(hold each 30 sec)

- *bend over
- *right side
- *left side
- *rotate hips
- *grab left leg in back
- *grab right leg in back
- *arms out and shoulders back
- *arms crossed over R & L
- *arms up grab elbow R & L
- *rotate neck

OPTION #1

Jumping Jacks - (1,2,3 (you yell) = 1(the they yell)) 10

½ jacks - same count 10

Mt. Climbers - same count 10

Repeat 2 times

Run/walk 1/4 mile

OPTION #2

Forward skip 20 yards - same back x 2

Backward skip 20 yards - same back x 2

Side shuffle 20 yards - same back x 2

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FITNESS BOOT CAMP

THEME WORKOUTS

Karaoke 20 yards - same back x 2

Run/walk 1/4 mile

OPTION #3

30 Jumping jacks and run 20 yards - same back

5 Burpees and run 20 yards - same back

Forward lunges 20 yards - same back

Backward lunges 20 yards - same back

Run/walk 1/4 mile

“NO BUTT’ S ABOUT IT”

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes

Everyone will start at the same time but will go at their own pace, so you will have people doing different things at the same time. Find a space that would be equal to 1/4 of a mile (such as a track at a school) and that is the size of your track for the day. When the time is up, the session is over no matter where in the workout the participants are.

Walking LUNGES - for about 150 yards

SKIPPING the rest of the track back to the starting point

ONE LEG GOOD MORNINGS - 20 on each side x 3

SUMO SQUATS - for about 150 yards

RUNNING BACKWARDS the rest of the track back to the starting point

STEP UP W/KNEE DRIVE(on curb) - 30 on each side x 3

BACKWARD LUNGE -for about 150 yards

SIDE SHUFFLE the rest of the track back to the starting point

LATERAL LEG SWINGS - 40 on each side

2 POINT KICKS - (high and low equals 1) 20 each side x 3

WALKING SIDE SQUATS - for about 150 yards

RUN the rest of the track back to the starting point

STEP DOWNS (on curb)- 20 on each side x 3

☑ BUTT’ S AND AB’ S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Back leg pulse - leg straight,

Leg pulse - leg bent up to sky

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Touch toes

Scissor kick

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

‘BURN IT OFF BOOT CAMP STYLE”

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes (when the time is up you will stop the program)

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FITNESS BOOT CAMP

THEME WORKOUTS

KNEE TAPS- 2 minutes - 20 sec rest

BURPEES - 2 minutes - 20 sec rest

JUMPING JACKS - 2 minutes - 20 sec rest

SKIPPING - 2 minutes - 1 minute rest

KNEE TAPS- 1 minute - 20 sec rest

BURPEES - 1 minute - 20 sec rest

JUMPING JACKS - 1 minute - 20 sec rest

SKIPPING - 1 minute - 20 sec rest

WALK 1/4 MILE LAP - this is to be done fast as they can but is a rest time as well

8 COUNT- 1 minute - 20 sec rest

SQUAT JUMP - 1 minute - 20 sec rest

(Ab) LEG RAISES 2 minutes - 20 sec rest

8 COUNT- 1 minute - 20 sec rest

MT. CLIMBERS - 1 minute - 2 minute rest

SPRINT 50 yards then WALK 50 yards x 6

MILITARY SIT UP (with a partner for 1 minutes each)= 2 minutes

SCISSOR KICK - 1 minute

FLUTTER KICK - 1 minute

RUN 1/4 LAP (if time allows)

☑ BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Inner thigh leg raise

Outer thigh leg raise

Abs - You will do each of these for 1 minute each

"My Favorite" Over head toe touches

Reverse crunch

Pull the rope

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

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"ARE YOU UP TO THE CHALLENGE"

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes (when the time is up you will stop the program)

DIPS (from a curb) - 1 minute

BELLY ANGELS - 1 minute

(Do this set 4 times in a row with a 20 second break in between each super-set)

PUSH UPS (1. Standard, 2. Wide, 3. Narrow, 4. Staggered) - 1 minute

LEG RAISES - 1 minute

(Do this set 4 times in a row with a 20 second break in between each super-set)

WALK FAST OR RUN 1/4 mile

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FITNESS BOOT CAMP

THEME WORKOUTS

ARM ROTATIONS - This set will be constant with NO ONE dropping their arms and each one is for 40 sec till done.

SMALL ROTATIONS with arms out - forward then backwards

SMALL ROTATIONS with arms up - forward then backwards

SMALL ROTATIONS with arms in front - forward then backwards

HOLD ARMS OUT TO SIDE - palms facing up then palms facing down

HOLD ARMS STRAIGHT UP - palms facing IN then palms facing OUT

HOLD ARMS OUT IN FRONT - palms facing up then palms facing down

WALK FAST OR RUN 1/4 mile (if time allows)

☑ BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Hold Hip Bridge

Hip Bridge up and down

Abs - You will do each of these for 1 minute each

"My Favorite" Over head toe touches

Elevated Bike Crunch

Stir the Pot

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

"RING AROUND THE PARKIE...."

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes

This is a fun day where you will map out a little route. You will start in one spot and that is were you will also end up at the end. Give a break as needed. Have fun with this.

SKIP 50 yards Fast STEP UP 1 min x 3

SKIP 50 yards JUMPING JACKS 1 min

SKIP 50 yards WALL SIT or HOLD A SQUAT 1 min

SKIP 50 yards PUSH UPS 1 min

LUNGES 50 yards BURPEES 1 min

WALK 50 yards STEP UPS 1 min x 3

SKIP 50 yards DIPS 1 min

SKIP 50 yards MT CLIMBERS 1 min

WALK 50 yards SQUATS 1 min

SKIP 50 yards LEG RAISES 1 min

SKIP 50 yards LATERAL LEG SWINGS 1 min each side

SKIP 50 yards CALF RAISES 30 sec each side

LUNGES 50 yards

☑ BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

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FITNESS BOOT CAMP

THEME WORKOUTS

Plank

Bird Dog

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Up and Overs

Elevated Knee Tuck

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

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“CIRCUIT 4 LIFE”

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes

Each set is for 1 minutes each exercise equaling 4 minutes and each set has a lower body, upper body, full body and mid body exercise. Take a 2 minute rest in-between each set but no rest during the set.

SQUATS HIP BRIDGE RAISES LUNGES

STD PUSH UPS WIDE PUSH UPS STAG. PUSH UPS

MT. CLIMBERS HIGH KNEES BURPEES

SIDE CRUNCHES BIKE CRUNCHES TOE TOUCHES

(30 sec each side)

SQUAT JUMPS REACHING LUNGES BRIDGE - HOLD

NARROW PUSH UPS PUSH UP TWIST PLANK

SHUFFLE FAST FEET STAR JUMP

LEG RAISES WALK IT OUT AB HOLD

KICKS (30 sec each)

ARM ROTATIONS

JUMPING JACKS

KNEE TUCKS

☑ BUTT’ S AND AB’ S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Back leg pulse - leg straight, (while laying on tummy)

Superman

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Reverse ab twist

Butterfly crunch

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

“STEP IT UP”

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes

Everyone will start at the same time but will go at their own pace, so you will have

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FITNESS BOOT CAMP

THEME WORKOUTS

people doing different things at the same time. You can do this on any steps or curb. Tell them to take a break as needed on their own. When the time is up, the session is over no matter where in the workout the participants are.

FAST STEP UP (hands behind your head, prisoner style) - 60 count x 3

CROSSOVER STEP FORWARD 30 each side x 3

CROSSOVER STEP SIDEWAYS 30 each side x 3

GROIN STEP (legs spread far apart, inner thigh) 30 each side x 3

1 LEG STEP DOWN 20 each side x 3

JUMP UP ON STEP 60 count x 3

RUN/WALK for any remaining time

☑ BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

One leg scissor kick (on your back) L

One leg scissor kick (on your back) R

Abs - You will do each of these for 1 minute each

"My Favorite" Over head toe touches

Ankle Twist

Reach Through

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

"BOXING BABE' S"

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes

Everyone will do this workout together.

JUMP ROPE - 1 minute

SQUAT PUNCHES- 1 minute

PUSH UP W/CLAP - 1 minute

L-KICK 1 minute

R-KICK 1 minute

1 minute rest

SPEED BAG PUNCHES 1 minute

MT CLIMBERS 1 minute

MILITARY SIT UP w/punch 1 minute (each partner)

CLEAN & PRESS w/water bottle 1 minute each side

PUSH UP W/TWIST 1 minute

1 minute rest

PUNCH SHUFFLE AROUND 1/4 mile

STEP UP (Rocky Run) 1 minute x 3

SQUAT COMBO PUNCHES 1 minute

LATERAL LEG SWINGS 1 minute each side

MILITARY SIT UP (beat last #) 1 minute

☑ BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo

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FITNESS BOOT CAMP

THEME WORKOUTS

bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

One leg Mt. Climber - L

One leg Mt. Climber - R

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Up and Overs

Knee Tucks

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

“CORE TO THE BONE, BOOT CAMP STYLE”

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes - (mark out 50 yards w/cones)

LUNGES - 50 yards - walk back & repeat 6 minutes

(do each of the core exercises for 1 minute each, no rest)

PLANK

LEG RAISES

REVERSE CRUNCH

BELLY BLASTER

1 to 2 minute rest

LOW SQUAT - 50 yards - walk back & repeat 6 minutes

(do each of the core exercises for 1 minute each, no rest)

PLANK - KNEE IN & OUT

BIKE CRUNCH

ALT. TOE TOUCH

REACH TROUGH

1 to 2 minute rest

BACKWARD LUNGE - 50 yards - walk back & repeat 6 minutes

(do each of the core exercises for 1 minute each, no rest)

SIDE CRUNCH - L

SIDE CRUNCH - R

FLUTTER KICK

SCISSOR KICK

RUN/WALK 1/4 mile if time allows

☑ BUTT’ S AND AB’ S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo

bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Mule kicks

Bird dogs

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

The Alphabets

☑ Cool Down - 10 Minutes

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FITNESS BOOT CAMP

THEME WORKOUTS

☑ Mental Workout - 10 Minutes

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“CARDIO MANIA”

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes

Everyone will start at the same time but will go at their own pace, so you will have people doing different things at the same time. Find a space that would be equal to 1/4 of a mile (such as a track at a school) and that is the size of your track for the day. When the time is up, the session is over no matter where in the workout the participants are.

WALK/RUN 1/4 mile

FAST STEP UPS (on curb) - 60 count x 3

WIND SPRINTS (mark out 3- 20 yard sections)

SKIP 1/4 mile

MT. CLIMBERS 40

FAST STEP UPS (on curb) - 60 count x 3

WIND SPRINTS (mark out 3- 10 yard sections)

RUN BACKWARDS 1/4 mile

BURPEES 20

FAST STEP UPS (on curb) - 60 count x 3

WIND SPRINTS (mark out 3- 10 yard sections)

SHUFFLE 1/4 mile

STAR JUMPS 25

FAST STEP UPS (on curb) - 60 count x 3

WIND SPRINTS (mark out 3- 10 yard sections)

SKIP BACKWARDS 1/4 mile

☑ BUTT’ S AND AB’ S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Back leg pulse - leg straight,

Leg pulse - leg bent up to sky

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Touch toes

Scissor kick

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

“LET’ S PLAY CARDS”

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes (when the time is up you will stop the program)

Break camp up into two to four teams of 3-4 people. Each team will get one deck of cards (without the 2’ s). One person draws card and performs exercise to the

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FITNESS BOOT CAMP

THEME WORKOUTS

suit drawn and performs number of reps to the number on the card. Each member of the team does the same thing (draws their own card and performs their own exercise). Team who gets through the deck first wins!

(PUT THESE ON A SHEET OF PAPER FOR EACH TEAM TO HAVE)

Hearts- Chin to Knees

Diamonds- Step ups (each side)

Clubs- Modified Pull up/Inverted Row

Spades- Push ups

Joker- 10 of each exercise

Ace- 11 reps

Face Cards- 10 reps

3's- WILD- choose your exercise perform 15 reps

In round 2 add this stipulation: First Joker drawn automatically doubles all card values drawn afterward (5 becomes 10, king becomes 20 reps, etc) until the second Joker is drawn, then values return to normal.

☑ BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Inner thigh leg raise

Outer thigh leg raise

Abs - You will do each of these for 1 minute each

"My Favorite" Over head toe touches

Reverse crunch

Pull the rope

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

"CIRCUIT ME UP"

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes

Split the group up into 3 or less per station. They will do each of the exercises in each station for 1 min each with a 1 or 2 minute rest after before moving on.

Repeat the stations as time allows. (when the time is up you will stop the program)

a. 8 COUNTS, SQUAT SWINGS, MT CLIMBERS

b. BIKE CRUNCH, SUPERMAN, KNEE TUCKS

c. LUNGES, SQUATS, SPRINTER LUNGES

d. PUSH UPS, MEDICINE BALL RAISE, BENT OVER BUTTERFLIES

e. SQUAT JUMPS, JUMPING JACKS, HIGH KNEES

f. WALK IT OUT, LEG RAISES, ALT TOE TOUCHES

☑ BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

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FITNESS BOOT CAMP

THEME WORKOUTS

Fire hydrants

Hold Hip Bridge

Hip Bridge up and down

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Elevated Bike Crunch

Stir the Pot

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

“OBSTACLE COURSE”

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes

There are some many options for this. Have 2 rows of your course and split the group into teams. Show the group what they have to do in the course and at what point the next person can start. Have the rest of the group, while waiting for their turn and cheering the group on, do HIGH KNEE TAPS.

20 JUMPING JACKS

RUN 10 YARDS

HOP THROUGH LADDER

RUN 10 YARDS

3 - 6 HURDLE JUMPS

RUN 10 YARDS

JUMP SIDE TO SIDE OVER A LONG ROPE TO END

RUN 10 YARDS

LUNGES 50 YARDS

RUN 10 YARDS

20 DIPS

RUN ALL THE WAY BACK TO START

Repeat twice

BEAR CRAWL RACE

☑ BUTT’ S AND AB’ S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Plank

Bird Dog

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Up and Overs

Elevated Knee Tuck

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

“WARRIOR GAMES”

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes

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FITNESS BOOT CAMP

THEME WORKOUTS

Split group into partners.

SQUAT PUNCHES (toward each other) 1 minute

PUSH UPS W/CLAP (towards each other) 1 minute

MILITARY SIT UP 1 minute

RESISTANCE PULL FORWARD (w/towel around waist) 1/4 mile each partner

POWER BOMB - W/ARMS 1 minute

POWER BOMB - W/LEGS 1 minute

SUMO SQUATS 50 yards

RESISTANCE PULL BACKWARD (w/towel around waist) 1/4 mile each

2 POINT KICK - R 1 minute

2 POINT KICK - L 1 minute

BEAR CRAWL 100 YARDS

TAG - (each group will be in a 3 ft area and they try to tag each other) 2 min

☑ BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Back leg pulse - leg straight, (while laying on tummy)

Superman

Abs - You will do each of these for 1 minute each

"My Favorite" Over head toe touches

Reverse ab twist

Butterfly crunch

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

"AGILITY MANIA"

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes

Split the group into pairs. You will have 5 stations and you will do each one for 6 minutes with a 2 minute break after each before they switch stations.

STATION 1 JUMP ROPE AROUND 1/4 mile

STATION 2 PARTNER ASSISTED RUNNING FORWARD 1/4 mile

STATION 3 AGILITY BALL

STATION 4 PARTNER ASSISTED RUNNING BACKWARDS 1/4 mile

STATION 5 LUNGES 50 yard, walk back and start again

☑ BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

One leg scissor kick (on your back) L

One leg scissor kick (on your back) R

Abs - You will do each of these for 1 minute each

"My Favorite" Over head toe touches

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FITNESS BOOT CAMP

THEME WORKOUTS

Ankle Twist

Reach Through

☑ Cool Down - 10 Minutes

“ THE FIT DECK”

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes

This is a deck of cards that has upper body, lower body, mid body and full body workouts and 5 wild cards. You will shuffle the deck and you will do 7 cards at a time for 1 minute each and then take a 1 to 2 minute break. You will repeat this process till your time runs out. This workout will fall into a different order every time you do it.

☑ BUTT’ S AND AB’ S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

One leg Mt. Climber - L

One leg Mt. Climber - R

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Up and Overs

Knee Tucks

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

“ROLL THE DICE”

1. Warm Up - 10 minutes

2. The Theme of the Day Workout - 50 minutes

Teams of 3-4 people

- First person runs to opposite end of room/arena (or distance of about 30 feet) to roll their dice.
- Numbers on dice correspond to exercise on the board.
- Perform the exercise you rolled then sprint back to team and tag the next person in line.
- Each person performs the relay 3-4 times

Exercises

1's- Lunge Jumps x 10 each leg

2's- Prisoner Squats x 10

3's- FREEBIE

4's- Burpees x 10

5's- Push Ups x10

6's- One lap around designated area about 1/10 mile

3. BUTT’ S AND AB’ S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

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FITNESS BOOT CAMP

THEME WORKOUTS

Fire hydrants

One leg Scissor Kick - L

One leg Scissor Kick - R

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Up and Overs

Knee Tucks

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

“**KETTLE YOUR BELL**”

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes

- Split camp up into three to four teams (so you have at least two to a team)

- On go first person on each team sprints to kettlebell on other side of room/arena (or a distance of 20-30 feet)

- Perform 15 kettlebell swings

- Once finished lunge back to start position

- Next person in line can begin their leg when teammate ahead of them begins to lunge back to start

- Complete two to three rounds

If space is limited: first person sprints toward kettlebell then sprints back to team, sprints to kettlebell again then performs 20 jumping jacks, THEN grabs kettlebell to perform swings)

☑ BUTT’ S AND AB’ S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Back leg pulse - leg straight, (while laying on tummy)

Superman

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Reverse ab twist

Butterfly crunch

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

“**KETTLE BELL MANIA**”

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes

- Camp is split up into three to four teams with one less kettlebell than there are teams set up on the opposite side of the room/arena (approx. 30-40 feet away)

- On go first person from each team sprints to kettlebells

- Last person to get to kettlebells must sprint to the end of the

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FITNESS BOOT CAMP

THEME WORKOUTS

arena/room/designated distance (approx double 60-80 feet away double the distance)

- People at kettlebells perform 10 swings and then sprint back to start
- Event will run in heat format (equal start) rather than in relay format
- Each person runs twice

If space is limited: first person sprints toward kettlebell then sprints back to team, sprints to kettlebell again then performs 20 jumping jacks, THEN grabs kettlebell to perform swings)

Odd person out must run down and back again, then perform 10 Burpees

☑ BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Plank

Bird Dog

Abs - You will do each of these for 1 minute each

"My Favorite" Over head toe touches

Up and Overs

Elevated Knee Tuck

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

"SHUTTLE RUN MANIA"

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes

- Split camp up into pairs or threes
- On go first person in line runs 20 yards performs 10 Jumping Lunges

· Runs back to start, then runs 40 yards performs 10 Jump

Squats

- Runs back to start, then runs 60 yards performs 10 Squats
- Runs back to start and tags teammate to go.
- Repeat 3 times

☑ BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Hold Hip Bridge

Hip Bridge up and down

Abs - You will do each of these for 1 minute each

"My Favorite" Over head toe touches

Elevated Bike Crunch

Stir the Pot

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FITNESS BOOT CAMP

THEME WORKOUTS

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

“BEAT MY SCORE”

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes

- Split camp into two teams
- Each camper, on go tries to score as many points for their team as they can in 15 min.
- Campers score points by performing an exercise and the reps assigned to that exercise

- Each camper must do all exercises at least once
- When you complete an exercise and its reps score a point under that exercise under your team on the white board (or piece of paper), continue to perform exercises until the time is up.

Dips x 15 reps

Prisoner Squat x 12

Burpees x 10

Knee Tucks x 15

Push ups x 15

☑ BUTT’ S AND AB’ S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Inner thigh leg raise

Outer thigh leg raise

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Reverse crunch

Pull the rope

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

“TAG, YOUR IT”

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes

- In 20x20 space one person is designated as 'it', and maintains a raised hand throughout game.
- The person who is it runs around tagging others, making them 'it' as well (also with their hands up) .
- Each person has an exercise assigned to them (do this before workout on score sheet), the last one tagged decides what exercise everyone will do. The reps are always 10.

Exercises:

Burpees

Prisoner Squats

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FITNESS BOOT CAMP

THEME WORKOUTS

Knee Tucks
Lunge Jumps
Dips
Step ups
Push ups
Jump Squats

(if more participants, repeat some exercises)

☑ BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Back leg pulse - leg straight,

Leg pulse - leg bent up to sky

Abs - You will do each of these for 1 minute each

"My Favorite" Over head toe touches

Touch toes

Scissor kick

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

"LETS ROLL THE DICE"

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes

- In groups of two or three start the game by jogging 1-2 laps (distance of 1/10 mile or perform 40 Jumping Jacks); each subsequent round will be started with a run (or Jumping Jacks)
- Roll the Dice twice to determine exercises performed as a group
- Each number on the dice corresponds to exercise on board
- Score as many rounds as you can in 15 minutes (run and two exercises is one round)

1's- Push ups x 15

2's- Dips x 15

3's- Knee Tucks x 15

4's- Jump Squats x 15

5's- Burpees

6's- Prisoner Squats x 15

☑ BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Mule kicks

Bird dogs

Abs - You will do each of these for 1 minute each

"My Favorite" Over head toe touches

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FITNESS BOOT CAMP

THEME WORKOUTS

The Alphabets

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

“BASEBALL, BOOT CAMP STYLE”

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes

- Set up bases in a baseball diamond format around room/arena
- Break camp up into two teams
- Everyone lines up at home to start game
- On go run to first base perform 10 Burpees
- Run to second base perform 10 Sky and Ground Squats
- Run to third base perform 10 Chin to Knees
- Run home perform 10 Push ups then score a run for your team on the white board

If space is limited, perform lunges when moving from base to base rather than running

Score as many runs as you can for your team in 10 minutes

Play for 15 min - break - do again

Alternative:

A great way to increase the speed of this game is to make it into a relay.

- Line up the two teams at home, on go first person on each team runs to first base and performs five Burpees (all reps are now five).
- Once the first person (or person ahead of the next) finishes reps at second base, next teammate starts.
- Once finished rounding the bases, score a run for your team on the board.
- Most points at the end wins.

☑ BUTT’ S AND AB’ S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

One leg Mt. Climber - L

One leg Mt. Climber - R

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Up and Overs

Knee Tucks

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

“BRING IT ON PARTNER DAY”

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes

- Pair up campers of equal or similar ability levels

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FITNESS BOOT CAMP

THEME WORKOUTS

- For first minute one partner performs Burpees counting reps
- The other partner performs Push Ups counting reps
- After one minute compare scores and your partner tries to beat your score by switching exercises. The possibilities are endless with this one. You can really use any two exercises together to create a partner competition

Dips Squats

Knee Tucks Bird Dogs

Good Mornings Walk it out

Leg Raises Star Jumps

Mt Climbers Knee Taps

Bike Crunch Hip bridge raises

Jumping Jacks Squat jumps

Wide Push Ups Toe touches

☑ BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

One leg scissor kick (on your back) L

One leg scissor kick (on your back) R

Abs - You will do each of these for 1 minute each

"My Favorite" Over head toe touches

Ankle Twist

Reach Through

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

"PARTNER TAG"

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes

Two people are "it". They hold hands and chase the other participants. The person that they catch then

joins the chain by linking hands. When another person is caught they can stay together or split 2 and 2

but they must split into even numbers and can link together at will. This game is played until no one is left.

The last two become "it" for the next game.

☑ BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Back leg pulse - leg straight, (while laying on tummy)

Superman

Abs - You will do each of these for 1 minute each

"My Favorite" Over head toe touches

Reverse ab twist

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FITNESS BOOT CAMP

THEME WORKOUTS

Butterfly crunch

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

“CAPTURE THE CONE”

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes

There are two equal teams. Team 1 has one side of the playing field and Team 2 has the other side.

Divide the playing field in half with cones. Keep the entire playing field to around 200 yards. Use 4 cones

in a rectangle to mark off the boundary lines. By keeping the playing field to 200 yards or less, this will

ensure that people don't wander off too far looking for or hiding the cone. The teams are given a time

period, 1 minute, to hide their cone in their part of the field. They can hide the cone behind a tree, up on a

lower tree limb, behind a bench, or any type of stationary object. *Optional - During this period 1 or 2 spies

from each team can be sent out to see where the cone is hidden as well as 1 or 2 look-outs from the

opposing team to catch the spies. If the spies travel out over their side of the field they can be tagged by

the look-outs and they must go to "jail" and perform nonstop jumping jacks. "Jail" is a predetermined area

off to the side of the playing field. When the instructor calls "1 minute" you simply try to get the other

team's cone and return it to your side of the field. If you get tagged by the opponent on their territory you

have to go to jail and do jumping jacks nonstop until the game is over. The first team to capture the cone

and bring it back to his or her side wins. In this version you have to capture the cone, and bring it back

safely to your side of the field. This game is a totally different game at night or early morning!

☑ BUTT'S AND ABS - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo

bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Plank

Bird Dog

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Up and Overs

Elevated Knee Tuck

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

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FITNESS BOOT CAMP

THEME WORKOUTS

“THE COMMANDO WORKOUT”

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes

Pushups 20 repetitions (reps) Sit-ups 20 reps - Pushups 15 reps Sit-ups 15 reps - Pushups 12 reps Sit-ups 12 reps - Body weight (B.W.) squats 1 min V-ups 30 seconds (sec) This is a sit up where both the lower and upper body come off the ground to meet at a point above your stomach. Alternate forward lunges 1 minute (min) V-ups 30 sec Burpee's 30 seconds Side to side lunge **Skip rope for one minute** B.W. squats 1 minute V-ups 30 sec Low position squat holds (5 second bottom holds) 1 minute Mountain climbers 30 sec V-ups 30 sec Side to side lunge 30 sec **Skip for one minute** Pushups 25 - Arm circles 30 sec forward than back Keep thumbs pointing down. Pushups 15 - Arm circles 30 sec forward than back Pushups 10 - Arm circles 30 seconds forward and back **Skip one minute** V-ups 30 sec Squat JUMPS 30 seconds Jumping jacks 1 min

☑ BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Hold Hip Bridge

Hip Bridge up and down

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Elevated Bike Crunch

Stir the Pot

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

“THE MOST EGGSELENT WORKOUT”

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes

You will take 16 empty Easter eggs and fill each one with a different exercise.

Lunges, side shuffle around track, run/sprint around track, skip around track, rocky run for 2 min, burpees 1 min, Mt climbers 1 min, Bear crawl 2 min, etc..

I put the eggs in a camo bag and had one person pick each time. Everyone did whatever was on the paper for the time it said. Take the breaks as needed. Fun for all year long if you can find Camo eggs like I did.

☑ BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Back leg pulse - leg straight,

Leg pulse - leg bent up to sky

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FITNESS BOOT CAMP

THEME WORKOUTS

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Touch toes

Scissor kick

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

“HOW DO YOU GET TO THE OTHER SIDE?”

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes

I cone out about a 100 yard area. Depending on the size of the class, half can go on one side and half on the other or every one can start on the same side. I have the first person pick from a small deck of cards that I have made up that have different exercises on them that they have to do. The person will pick and I will ask “How do we get to the other side?” . I make them yell what they drew and everyone will do the exercise to the line and back. They do this 6 times and then we go and do push ups for 1 min then rest for 2 min. Start again....

Exercises:

Backward Lunge

Side Shuffle

Back Shuffle

Lateral Lunges

Squats

Forward Lunge

Bear Crawl

Sumo Walk

Backward Skip

Forward Skip

Frankenstein Walk

30 Jumping Jack and run to line

☑ BUTT’ S AND AB’ S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Inner thigh leg raise

Outer thigh leg raise

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Reverse crunch

Pull the rope

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

“RUN LIKE THE WIND”

☑ Warm Up - 10 minutes

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FITNESS BOOT CAMP

THEME WORKOUTS

☑ The Theme of the Day Workout - 50 minutes

This is a great cardio day...it kicks butt, literally!!

I had them run 50 years and sprint 50 years continual for 1/2 mile. Then they will do sets of the following after every lap for 1 min.

Push ups - then they run/sprint

sit-ups - then they run/sprint

jumping jacks - then they run/sprint

lunges - then they run/sprint

dips - then they run/sprint

Take the breaks as needed..

☑ BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Inner thigh leg raise

Outer thigh leg raise

Abs - You will do each of these for 1 minute each

"My Favorite" Over head toe touches

Reverse crunch

Pull the rope

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

"OW"

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes

This workout hurts.....OW...have fun with it!

Side shuffle around track 1/4 mil

Good mornings 1 min each side

Burpees 1 min

Butterfly arms 1 min

Run/Sprint on 1/4 track

Suicides - 2 min (this is starting from a lying down position on your back, coming up to a standing position without using your hands and running our 20 yards, touching the ground and coming back to the lying down position)

Walk it out - 1 min

Crab walk - 1 min

17's - 1 min (Run back and forth 20 yards as fast as you can and try for 17 laps)

Dips - 1 min

Mt Climbers - 1 min

Push ups - 1 min

Rock run - 1 min

On step or curb - jump up, jump down, jumping jack - 1 min

Jumping jacks - 1 min

Squats - 10 single, 10 pulse, 10 single, 10 with hold, 10 single, 50 double time
(if you still have time, one more run/sprint on track)

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FITNESS BOOT CAMP

THEME WORKOUTS

☑ BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Bird dog - 1 min each side

Abs - You will do each of these for 1 minute each

"My Favorite" Over head toe touches

Half ups - 1 min each side (from the position above, bend one leg and slightly lift the other. Come only half way up on your crunch and back down.)

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

"SPORTS CONDITIONING DAY"

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes

Agility drills - with rings or ladders

*2 feet in each box, *Shuffle, *Karaoke, *Backpedal, *2 feet in 1 foot out

Interval Circuits

*Burpees - 1 min, Belly blasters- 1 min, 8 counts - 1 min, Plank- 1 min, Mt climbers- 1 min

Step/Plyometrics

*Side hops - 1min, Jump up/step down - 1min, fast feet - 1 min, lateral jumps -1min

Agility drills - with cones in 20 yard settings

*Shuttle drills -1 min, run around cones - 1 min, shuffle drills - 1min, sprint-backpettle-sprint-run - 1min.

☑ BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Mule kicks

Bird dogs

Abs - You will do each of these for 1 minute each

"My Favorite" Over head toe touches

The Alphabets

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

"BOOT CAMP INTERVAL TRAINING"

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes

Everyone will start on the same side.

#1 Sprint 20 yards, do 8 squats, sprint back do 8 push ups, then 7 etc...

#2 Fast feet (30 sec) sprint to end and skip back - 10 reg push up, 10 narrow push ups, 10 wide push up (x3)

#3 Suicide (from laying down position, come up without hands and run to other side),

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FITNESS BOOT CAMP

THEME WORKOUTS

10 jumping jacks, 10 squats, 16 butterfly arms (x3)

#4 High knee run to other side, 10 jump squats, run backwards back, 12 lunges on each side (x3)

#5 Side shuffle across, 10 star jumpers, shuffle back, 10 start jumpers (x3)

☑ BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

One leg Mt. Climber - L

One leg Mt. Climber - R

Abs - You will do each of these for 1 minute each

"My Favorite" Over head toe touches

Up and Overs

Knee Tucks

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

"SUPER 20 CIRCUIT"

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes

Goal of class ~ Speed through each station doing 20 reps of each exercise! Try to get through the mini circuit as many times as you can successfully completing 20 reps at each station! Make sure to stay in order!

Stations:

1) Jumping jacks (can use a modified jack)

2) Run laps around aerobic room

3) Squat jumps

4) Alternate kicks (advance this by adding a hop)

5) Knee ups (advance this by doing high knees)

6) Push ups

7) Jump ups on bench (modify by stepping up)

8) Jump rope (20 jumps)

9) Alternate punch the sky (modify by punching out in front of you)

10) Burpees

☑ BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

One leg scissor kick (on your back) L

One leg scissor kick (on your back) R

Abs - You will do each of these for 1 minute each

"My Favorite" Over head toe touches

Ankle Twist

Reach Through

☑ Cool Down - 10 Minutes

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FITNESS BOOT CAMP

THEME WORKOUTS

☑ Mental Workout - 10 Minutes

“BOOT CAMP SUPER 4 SET”

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes

Set 1: 12 minutes

A. 4 corners: Back pedal, shuffle in low squat, karaoke, sprint-5 minutes; 25 squats. One side of the room is back pedal, one side shuffle in low squat, one side karaoke, and one of the longest side is sprint. Just designate which wall is which and keep it going for 5 minutes!

B. Butterfly arms-1 minute Repeat both sections.

Set 2: 12 minutes

A. Indian Runs. 2 laps with band-forward and back.-2x

Indian Run: Have everyone line up in a straight line. Have them run around the perimeter of the room. The last person in line sprints until they get to the front of the line. They slow back down to the pace of the group, and the next person who is at the end now sprints. After 4 minutes of this, I had them put a band around their ankles and do 2 lunge type laps across the room.

B. Shoulders: Push ups-1 minute. Repeat both sections.

Set 3: 10 minutes

A. Partner 1: lunges off the bench. Partner 2: over-the-top drill: hold weighted ball over-head. Lunge forward, leaning with upper torso in the direction of step. Lean right/left not forward/back.-2x each

B. Triceps: narrow push ups. Repeat both sections.

Set 4: 7 minutes

A. 10 by 10 squats: 10 sets of 10 squats. Hold tenth one of each set for 10 seconds.

B. Wide push ups-1 minute. Repeat both sections.

☑ BUTT’S AND AB’S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell “it feels awesome” and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Back leg pulse - leg straight, (while laying on tummy)

Superman

Abs - You will do each of these for 1 minute each

“My Favorite” Over head toe touches

Reverse ab twist

Butterfly crunch

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

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“PARTNER DAY BOOT CAMP STYLE”

☑ Warm Up - 10 minutes

☑ The Theme of the Day Workout - 50 minutes

Partner Drills: adjust time and distance to your parameters

Parachute drill - about 2 minutes (loop band around waist - hold on or it digs in! - pull your partner forward, partner should sit into a squat and hold elbows up with hands tight to body to

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FITNESS BOOT CAMP

THEME WORKOUTS

Hop through hoops like this (hop into first left hoop, across to first right hoop, forward to second right hoop, across to second left hoop, etc). Run balance beam, speed weave cones, jumping jacks along right side to ladder. Ladder drill same as above only facing the other direction. Jog in

place until everyone is done & repeat.

Round 3:

Hop around hoops like this (hop into & out of first left hoop, then second left hoop, then third, etc until you work yourself all the way up the left side, then turn body and work down right side). Run to balance beam, backwards walk down balance beam. Shuffle cones & forward walking lunges down right side. Forward frog jumps through ladder. Jump rope until everyone is done & repeat.

☑ BUTT' S AND AB' S - 10 minutes

Butts - You will start everyone at the same time and once it is burning sooooo bad they each will yell "it feels awesome" and they will do 10 more till everyone is done and everyone will start on the next side together.

Fire hydrants

Plank

Bird Dog

Abs - You will do each of these for 1 minute each

"My Favorite" Over head toe touches

Up and Overs

Elevated Knee Tuck

☑ Cool Down - 10 Minutes

☑ Mental Workout - 10 Minutes

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COOL DOWN

*Lay down on back and bring the right leg over the left (glute stretch)

*Sit up on butt and open legs -

reach forward

go to right

go to left

*arms out and shoulders back

*arms crossed over R & L

*arms up grab elbow R & L

*rotate neck

CLAP - YOU ARE DONE!

Exercise Descriptions

1 leg step down - stand on a bench or curb. Take one leg off and bring it towards the ground and then back up.

2 Point Kick - While bending over to the side with your hand on a curb or bench, imagine a person standing to the side of you and kick out in the shin area and then in the waist area.

8 - Count - this is a burpee with a push up when you go down.

Arm Rotations - small circles in the air with your arms

Bear Crawl - you will go on your hands and feet and walk around, like a bear!!

Belly Angels - Lay on your belly and lift your hands and feet off the ground and move

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FITNESS BOOT CAMP

THEME WORKOUTS

them back and forth like you are making a snow angle.

Belly Blaster - just like the plank but you will move your butt up and down.

Bent over Butterflies - while standing, bend forward parallel to the ground. With your arms out in front of you, towards the ground, bring up your elbows as far as they go and back down.

Burpees - From a standing position, jump as high as possible and land down on your feet with your hands on the ground. Kick your feet back. For a moment you will be in a push up position and jump back up again as fast as possible. Repeat for the required repetitions

Clean and press - open legs and lift the water bottle up in the air with one arm. You are to squat down and touch the ground with the water bottle. Repeat till time to do other side.

Crossover steps - you will cross one leg over the other

Dips - you sit on a curb or bench, lift your body up and off and bend your elbows and pulse down and up, do this till time is up.

Fast step ups - (rocky run) running in place up and down a step or curb as fast as you can.

Good Mornings - Standing on one leg proceed to bend forward keeping your back flat and your leg on the ground straight. Maintaining your balance return to the starting position and repeat for the desired repetitions.

Groin step - this is a wide step. Keeping the legs out very wide with each step.

Knee Taps - stand with your arms in the air and lift up one leg and bring down your arms to meet your leg and repeat.

Lateral Leg swing - while standing and holding on to something for stability, swing the right leg in front of the left and out to the side as high as possible. Complete reps and do other side.

Low Squat - stay in a squat position and walk sideways without standing up.

Lunges - lower your back leg until your knee touches the floor.

Medicine ball raise - take a medicine ball and hold it straight up in the air with both hands. Have your legs open and you will come down with straight legs and arms and go to the right side, up then the left and repeat.

Mt Climbers - Start by getting on your hands and feet in a prone position. Keeping your body parallel to ground drive your knees up towards your chest alternating back and forth. Repeat this movement for the required number of seconds.

Military sit up - one partner hold the feet of the other and they are to come all the way up to a full sit up.

Partner assisted running forward/backward - have one of the partners place a towel around their waist and the other person takes the ends. They try to hold back the person while they are trying to run either forward or backwards.

Plank - on your elbows and toes and hold

Plank - Knee in and out - While in the plank position bring your leg up towards your shoulder and back into position and repeat other side.

Power bomb w/arms - two partners face each other. One holds their hands out with clasped fist about shoulder height and the other partner will place their hands on the wrist and vigorously try to push down while the other is resisting.

Power bomb w/legs - one person lays on the ground with their legs up and the other person will stand by their head. The one laying down will hold on to the partner behind

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the ankles and the one standing will grab the legs and push them towards the ground, forward or side to side while the partner is trying to not let them touch the ground.

Push up wide - arms out wide

Push up narrow - hands in front and together like a diamond

Push-up staggered - one hand high, one low, do push up and then change your hands every time you come up.

Push Up w/twist - do a push up and then lift one arm up to reach towards the sky. Bring it down and do the next push up and then lift up the other arm.

Push up with a clap - have the partners face each other and they do a push up at the same time and clap each others hands when they come up before they start the next.

Reaching Lunges - while doing the lunge you will reach forward and touch the ground by your front foot.

Sprinter Lunges - from a sprint position (like for a race) with your hands down by your front foot, you will bring the back leg forward then back and repeat till time is up.

Squat Jump - while in a squat position, squat down and jump up, landing in the same squat position.

Squat Punches - stay in a squat position and alternate punching forward with your arms.

Squat swings - in a squat position swing your hands in between your legs and then come up and reach towards the sky.

Star jumps - squat down and jump up with your arms going in the air.

Step downs - stand on a curb or bench, bring one foot down to touch the ground and then bring it back up.

Step up with a knee drive - On a bench or a curb place one of your feet. This will stay planted till you switch sides. Lift up your body up onto the bench or curb and bend your knee towards your chest.

Sumo Squats - facing forward go into a squat position and to move forward you must lift your leg over your hip like a sumo guy going towards his opponent.

Walking Side Squat - squat down and come up, cross the foot over to move down the field.

Abs

Over head toe touches - while laying flat on your back with your arms and legs out flat, bring your upper body all the way up and forward and touch your toes.

Toe Touches - lay flat on your back, put your legs in the air and pulse up with your upper body towards your toes.

Scissor Kick - lay on your back, place your hands under your butt and lift your legs 6 to 12 inches off the ground and criss cross them over each other.

Reverse ab twist - lay on your back with your legs in the air. You will lift your butt up off the ground and twist it to one side then repeat to the other side.

Butterfly crunch - lay on your back, open your legs with your feet together and pulse through your legs.

Elevated bike crunch - while on your butt, place your arms behind you for support and lift your legs and do the bike

Stir The Pot - while laying on your back, pretend you have a big spoon in your hands and a big pot in your lap. Bring up your upper body and stir the pot to the left and then to the right when told to change directions.

Reverse crunch - lay on back, legs in the air, lift your butt off the ground and repeat.

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Pull the rope - lay down on your back, imagine a rope hanging in front of you from the heavens and you are going to try and pull it alternating the left and right sides.

Alphabets - lay on your back with your hands under your butt. When I say "A" you will draw an "A" with your legs going as close to the ground as you can. Repeat this through the whole alphabet.

Up and Overs - place your water bottle down by your ankles and while sitting place your hand behind you for support. Place both legs to one side of the bottle and then lift and take over the bottle and repeat.

Knee Tucks - while on your butt, place your hands behind you for support, bring your knees into your chest and then straight out about 6 in off the ground, and repeat.

Ankle Twist - lay on your back and bend your knees. Hands to your sides and sway from side to side touching your ankles.

Reach Through - lay on your back and bend your knees. Slightly open your legs and you will either pulse thru or come all the way up into a full sit up.

Side crunches - lay on your back, bend your knees to one side while keeping your shoulders on the ground. You will pulse up like a crunch.

Leg Raises - lay on your back and place your hands under your butt. Lift your legs off the ground and bring them all the way up then back down and repeat.

Walk it Out - stand up and bend forward by your feet, walk your hands out till you get to a push up position and then walk them back in, touch your toes and do it again.

Ab Hold - lay on your back and place your hands under your butt. Lift your legs up off the ground about 6 to 12 inches and hold it.

Flutter kick - lay on your back with your hands under your butt. Lift one leg up and then alternate each leg up and down as fast you can.

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Butts

Fire Hydrants - while on all fours, lift your one side up like you are peeing on a fire hydrant.

Back leg Pulse - while on all fours, put one leg straight out behind you with your foot flexed and pulse up while squeezing your butt.

Leg Pulse - while on all fours, put your leg out straight and then bend your knee so your foot is like pushing up the sky. Pulse up while squeezing your butt.

Superman - while laying on your tummy you will lift your legs and arms up at the same time and then come down and repeat.

Hip Bridge - lay on the ground with your knees bent, lift up your hip off the ground and either hold in place or pulse up and down. Squeeze the butt every time.

Inner thigh leg raises - lay on your side, place your top leg in front of the bottom one with your foot at about your knee area. Pulse up the bottom leg.

Outer thigh leg raises - lay on your side, lift up your top leg as high as you can and repeat.

Mule Kicks - while on all fours, kick your leg back and up.

Bird Dog - while on all fours, lift out your left arm and right leg and bring it back in and repeat on other side.

One leg mt climber - lay back and lift one leg up in the air. You will climb up your leg and touch your toe and repeat.

One leg scissor kick - lay on your back and lift one leg in the air. Bring that leg

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towards the ground forward and then back up as fast as you can.

SELF IMPROVEMENT PROJECTS

A.K.A. “Mental Workouts” is a very important part of my Fitness Boot Camp Program. This is where the members will really start to feel good and to get to know each other and build the lasting relationships that will keep them coming back for more. I have listed for you several of my favorite ideas to use for this. The first 3 I use in every camp and the 4th week I alternate with others. I think the first 3 items are important for the new boot campers as well as the returning. Have fun with this. Each of the projects are shared in class at the end of the week.

4. GOAL SETTING - I have a list of 6 categories that the members are to put down and leave 5 spaces after each. In each space they are to put down a goal with a date in that category. My favorite categories are: Physical, Financial, Social, Career, Family & Spiritual.

5. GRATITUDE PAGE - They are to have an area in their journal that they are to place any compliments they have been given, accomplishments they have had and things they are noticing about their body as they go through their new healthy journey as they happen. Each item needs to be dated. During the project week they are to place in at least one entry. This is an area that they can look back on when they have a down moment or just need to be lifted up and by reading this, that will always happen.....

6. POSITIVE AFFIRMATIONS - New campers are to list 25 Positive affirmations in their journal. Returning are to add 5 more to their list. A positive affirmation is a positive statement about themselves or life. Look online for inspiration. My favorite affirmation is “Today is a new day, a clean slate, with NO mistakes on it” . They are to read these everyday for the duration of their camp on their own but will share a few in class.

7. FUN CADENCE CALLS - Ask for the participants to write out a 4 line cadence call. It is very fun to see what they come up with. Use them during your warm ups and class.

8. TESTIMONIALS - Ask for the members to write out a testimonial to share with the others on what Boot Camp has meant to them. This does 2 things. It reminds them of WHY they are doing the program and why most will continue and you can take this and put it on your web site to have others see what members are feeling about your class. It is a great tool, don't pass it up, especially in the beginning of your business.

Bootcamp Theme Workouts compliments of **TRACEY RODRIGUEZ AND**
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