

TWO FREE WORKOUT FORMATS

From
**BEST
BOOT CAMP
WORKOUTS**



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CONTENTS

Workouts:

1. Uneven Steven – Partner Workout
2. Time Ladder – Individual Workout

Exercises (in order of appearance in the workouts)

1. Chin 2 Knee
2. Moglie
3. Burpees
4. Walking Hand Plank
5. Russian Jump Squats
6. Bridge Marching
7. Hip Splits
8. Split Squats
9. Pushups

UNEVEN STEVEN

This is sort of similar to the Travel Relays above, only for this one, you intentionally partner with someone of vastly different fitness level and you add a stationary exercise to do while the other partner travels.

Pick a travel exercise and a stationary exercise (active or isometric). While the first partner does the travel exercise out and back for distance (ie. 25 yds) the second partner stays at the start and performs the stationary exercise. When the first partner returns, they will tag the second partner and they switch roles: the first partner performing the exercise at the starting line, the second partner heads off to do the travel exercise. One round is when both partners have completed both parts, the travel and starting line exercises. Continue for 3-4 rounds. This format ensures that the more fit partner has to perform the starting line exercise longer than the less-fit partner because the less-fit partner will take longer to perform the travel exercise. Likewise, the less-fit partner will perform that exercise for less time as the more-fit partner will take less time to perform the travel exercise.

Then Length of each “relay” will depend on exercises chosen and the fitness levels of the group.

Sample Workout

#1

Travel Exercise – Run/sprint for distance (25 yds) , out and back
Starting line Exercise – Plank

2

Travel – Skip
Starting Line – Chin 2 Knee

#3

Travel – Moglie out, Sprint back
Starting Line – Burpees

So one partner is holding a plank while the other partner is running out and back.

ADDED CHALLENGE: Make it a competition. Each team completes 3-4 rounds this way and the winners yell “ding, ding, ding” when they are finished.

TIME LADDER

Time Ladders can be performed using strength cardio exercises or regular cardio exercises (running, skipping, etc) The Ladders take 4 minutes not including the final rest. Have them rest 2-3 minutes between each ladder and aim for 4-6 ladders per class.

Tools Needed: a timer/stopwatch

Pick an exercise and proceed as follows:

15 seconds of exercise
15 seconds of rest
30 seconds of exercise
30 seconds of rest
45 seconds of exercise
45 seconds of rest
1 minute of exercise
1 minute of rest

Sample Workout:

Ladder 1. – Walking Hand Plank
Ladder 2. Russian Jump Squats
Ladder 3. Bridge Marching
Ladder 4. Hip Splits
Ladder 5. Split Squats
Ladder 6. Pushups

Notes: There are any number of possible variations, using the exercises or the time blocks as variables.

ADVANCED VERSION: Have them descend back down the ladder once they reach the one minute level...so they would then go back to 45 seconds or exercise, 45 seconds of rest, then 30 seconds of exercise, etc.

EXERCISES



Chin 2 Knee - Lying on ground, legs straight. Using arms to help you, sit up with torso and bring left knee up to chin. Lower and repeat with right leg up.
Make it Easier: Perform Dead Bugs.



Moglie/Elephant Walk – Start in an inverted “V” position and “walk” forward on hands and feet, imitating the loping walk of an elephant, or Moglie, the boy from the Jungle Book.



Burpees - From standing position, squat down into a deep squat, placing hands on the ground, then shoot legs out behind you until you are in a top of pushup/plank position, then quickly hop feet back in to hands into deep squat position and jump up, extending arms overhead. Repeat.

Make it Easier: See Modified Burpees

Modified Burpees – Perform the same back movements, but instead of jumping feet back into a pushup/plank position, step one foot back at a time, then step back in one foot at a time.



Russian Squat Jumps - Same as squat jump above but with arms crossed and held up in front of your face.

Make It Easier: Perform Squats or Regular Squat Jumps.



Bridge Marching – Lie on your back, with your knees bent, feet just below your knees, hands by your sides. Raise your hips up into bridge position so there is a straight line between your knees and your shoulder blades, with your core held nice and tight. Holding this position, raise your right leg bringing your knee up and towards the sky. Lower your right leg and repeat with your left leg, all the while maintaining the bridge position.

Make It Easier: Just hold bridge position.



Hip Splits – Start in a plank position, feet as wide as you can comfortably hold them. Hold your core nice and tight, a straight line from your shoulders to your ankles. Remaining in the plank position, jump your feet together and then immediately jump them back out as wide as you can again. Maintain a solid core throughout exercise, bracing yourself as though someone is going to pop you in the stomach. Repeat for reps/time. These can also be preformed on your forearms.

Make it Easier: Hold a plank on your hands or don't jump your feet very wide.



Split Squats/Jumping Lunges - Start in lowest point of a lunge with right leg forward. Explode up into air and switch legs, landing with left leg forward. Repeat switching front leg with each jump.

Make It Easier: Perform Reverse Lunges



Push Ups - Begin in plank position on your hands, hands just out from shoulders. Bend arms, lowering your body until your triceps are parallel with ground, press back up and repeat.

Make It Easier: Perform a Modified Pushup on your knees.