

**BootCamp Workout #1**  
**Supplies needed: Water bottle, mat, heavy and light weights**

Do 5 minutes of stretching and a slow jog around the building

This set is a 25-50-75-100. You will do four things of that number each set and end with either a run around the building or holding plank. You can do these groups of four in any order you want (for example do 50, 100, 25 and 75...etc)

#1

100 Jump ropes (or jump rope movement in place)  
75 side to side ski jumps  
50 Dips on bench or chair  
25 Step ups on bench or chair  
Run a lap. Take a 1 minute break

#2

25 burpees  
50 little crunches  
75 back and forward jumps  
100 fast feet on curb  
Hold plank for 60 seconds. Take a 1 minute break

#3

Stand ups (sitting on bench or chair, stand up with one leg and not arms. If you need to put your front heel of the other leg to help that's ok. Switch legs after 12 or 13)  
50 jumps up on the curb  
75 side to side abs (laying on the ground, knees bent, upper body up off floor, reach over to your heels- side to side)  
100 mountain climbers  
Run a lap. Take a 1 minute break

#4

25 forward raises with light weights while balancing on tippy toes  
50 plank in and out jumps  
75 punches across body- start with heavy weights, move to light if needed  
100 Jumping Jacks  
Hold plank for 60 seconds. Take a 1 minute break

#5

25 surrenders- hands up heart  
50 incline pushups  
75 feet together, laying on back, leg raises up and down  
100 stationary high knees  
Run a lap. Take a 1 minute break

#6

25 side raises with light weights  
50 lunges  
75 leg pulls (v-sit position, pull those legs in an out)  
100 cardio of choice  
Hold plank for 60 seconds. Take a 1 minute break

Spell with your legs- I love this madness!

Stretch!

# BootCamp Workout #2 2013

## Stationary Warm ups-

Rotate arms forward and backwards in a circle 20 times each.

Up and down on tippy toes for 40 times.

Legs wide, lean over hand on foot and then open chest, other arm up and look to the sky- 30 seconds each side

Legs together wrap hands around back of knees for 30 seconds. Slowly raise up.

Drop head to one side, stretch neck for 15 seconds, switch sides

**Across the room-** High knees there and back. Butt kicks there and back. Skipping there and back. Side shuffle there and back. Run there and back.

Most of this bootcamp will be outdoors, around the building sort of exercises. Bring your mats, water bottles and light weights outside. Leave your weights by the long wall and bring your mats and water bottles to the driveway near Minnesota. Everyone starts together on the mats and then splits half and half to go to the next stations (running different directions around the building to the 3 other stations). When they arrive back to the mats they continue with whatever exercise they started with until everyone returns.

## 1st round

Mats- 25 burpees

Wall- 40 forward raises and wall sits

Corner driveway on Newport-100 fast feet taps

Corner by stop sign- 40 squats

Come back to mat and do burpees till everyone returns. Once they do, take a 1 minute break

## 2nd round

Mats- 100 mountain climbers

Wall- 40 Diagonal lunges with weights on shoulders

Corner driveway on Newport-100 Jumping Jacks

Corner by church office next to stop sign- 40 Side step ups- Right side only- step up, kick leg out

Back to mat and do mountain climbers till everyone returns. Once everyone returns, take a 1 min, break

## 3rd round

Mats- 30 Plank up downs

Wall- 40 Frog squats

Corner driveway on Newport-100 Low in and out jumps in squat like position

Corner by church office next to stop sign- 40 side step ups- left side only- step all the way up.

Come back to mat and continue with plank up downs till everyone returns. Take a one minute break

## 4th round

Mats- 30 Surrenders

Wall- 40 wall sits with punches

Corner driveway on Newport-100 high knees

Corner by stop sign- Dips or incline pushups

Come back to mat and do surrenders until everyone returns. Take a one minute break.

## 5th round

Mats- 50 crunches

Wall- 40 Overhead press with tippy toe raises

Corner driveway on Newport-100 stationary butt kicks

Corner by stop sign- Stand ups- sit on bench, one leg stand ups 10 on each leg

Come back to mat and do crunches till everyone returns

Run a lap around the building and then get your gear and come inside.

If there is time you do sit ups with partner and a weight- feet intertwined and hand the weight to your partner 20 times...so 40 total.  
If still time, 40 throw downs each.

Spelling- Sore not sorry!

## BootCamp #3

### *Warmups*

Across the room on tippee toes, walk back with duck walk

Across the room forward kick toe touches, walk back toe pulled up behind you lean forward

Across the room arm circles, walk back punches across your body

Run around outside once with 10 Jumping Jacks at every corner

Put out personal mats, weights, water, and black ankle bands. 5 minutes on the clock. Everybody choose how long they do the three things involved in each set. They need to everything at least once, but they can choose how often they switch, how long they do it for, how hard they push it etc.

### **5 Minutes on the clock.**

All things with black band on ankles

Side leg lifts on the ground with weight on knee (both legs)

Jumping jacks

Abs on back- legs in and out low

After 5 minutes- Run two times around the building

### **5 Minutes on the clock.**

Pushups

Mountain climbers

Planks of any kind

After 5 minutes- Skip around the building once, butt kick around the building once

### **5 Minutes on the clock.**

Burpees

Bicep curls with wall sits

Crunches of your choice

After 5 minutes- Run two times around the building

### **5 Minutes on the clock.**

Stage jumps (hands on edge of stage, push body up, kick heels to butt, jump)

Diagonal lunges with overhead press with light weights (if you can't lunge, forward leg kicks with overhead press)

High knees

After 5 minutes- skip around the building once, butt kick around the building once

### **5 Minutes on the clock OUTSIDE**

Frog squats (Wall sits for 10 seconds, 5 stars repeat if you have bad knees)

Dips

Fast Feet

After 5 minutes- two laps around building

### **IF TIME- 5 minutes on the clock inside AB Medley**

Full sit ups

Plank up downs

Person throw downs

Side to side abs on back touching outside of feet

V-situps with leg pulls

Spelling- I'm motivated

Stretch!

### **BootCamp Workout #4**

**Supplies needed: Water bottle, mat, heavy and light weights. You need a stop watch or clock or better yet the "Tabata Pro" app on your phone (\$1.00)**

Do 5 minutes of stretching and two laps around the building- one run and one of their choice

#### **Tabata workout**

Any exercise can be incorporated into the Tabata training. Our basic tabata will be

- 3 and a half minutes long
- 25 seconds of intense training
- 10 seconds of rest
- Total of 6 sessions or rounds

We will do two Tabata sets in a row

**1st set- Wall sits with forward raises with light weights.** 25 seconds on. 10 seconds off. 6 times in a row

Take a thirty second break

**2nd set- Mountain climbers.**

Do 50 jumping jacks to end this grouping.

1 minute break

**1st set- Low Single Leg Lunges-** left leg forward and hold low for 25 seconds. 2nd time is right leg forward and hold low for 25 seconds. Repeat leg switching.

Take a thirty second break

**2nd set-High knees**

Do one lap around the building/neighborhood/area

1 minute break

**1st set- Bicep curls while balancing on one leg.**

Take a thirty second break

**2nd set- Burpess**

Do 50 jumping jacks to end this grouping.

1 minute break

**1st set- Dips on bench..or tricep kickbacks if you don't have a bench.**

Take a thirty second break

**2nd set- Crunches of any kind**

Do one lap around the building

1 minute break

**1st set- Plank up downs**

Take a thirty second break

**2nd set- Forward and backwards long jumps. As far across the room you can forward. As far as you can backwards jumping.**

Do 50 jumping jacks to end this grouping.

1 minute breaks

Spelling- I love Tabata

Stretch!

## BootCamp workout #5

Warm up- Leg kicks across the room, hands flat feet flat across the room, hug knee to chest across the room, tippy toe raises. Head out front for 30 step ups on the bench and then run around the building.

Set one- 1 minute on-20 second break. Move immediately to the next thing

1. Fast Squats in and out jumps, stay LOW (stationary)
2. Side shuffles across room
3. Bear crawl across room
4. Push ups (stationary on mats)
5. Side circles with arms out and light weights-forward mini circles for 30 second/backwards 30 seconds
6. Burpees across room
7. Diagonal lunges (stationary on mats)
8. Mountain climbers (stationary on mats)
9. Side to side abs laying on mat, knees bent reach to outside of heels
10. Fast feet

Run around the building

Rest for 1 minute (once every person has arrived back in the room from their lap)

Set two- 1 minute on - 20 second break. Move immediately to the next thing

1. Wall sits with forward raises and weights
2. Side to Side standing jumps the width of your mat (stationary on mats)
3. Black band on legs- lay on left side knees bent, knees by belly button. Leg lifts
4. Plank butt kicks (on matt, on hands, in plank position, kick your butt feet together side to side across the matt)
5. Black band on legs- lay on right side, knees bent pulled up to belly button. Leg lifts
6. Jumping Jacks
7. Surrenders (light weights over head in hands if you are use to doing it)
8. Ab Bicycles
9. Frog squats ...knees over toes...catchers squat, jump up like basketball player (bad knee alternative is stationary one leg up forward leg kicks, 30 seconds each)
10. Skipping laps across the room

Run around the building. Rest for 1 minute (once every person has arrived back in the room from their lap)

Set three- Outside- Set two- 1 minute on - 20 second break. Move immediately to the next thing

1. Fast feet toe taps
  2. Dips
  3. Forward step ups
  4. Side to side jumps over bricks
  5. Incline pushups
  6. Stand ups on left leg (weight on one leg, sitting on bench, use ab muscles and no hands to stand up)
  7. Stationary high knees
  8. Stand ups on right leg (weight on one leg, sitting on bench, use ab muscles and no hands to stand up)
  9. Fast feet for a count of 10 then jump up, fast feet, count of 10, then jump repeat the whole time.
  10. Leg pumps- one leg stationary on bench for 30 seconds, pump other leg, switch legs same thing.
- Run a lap

If time left, 40 throw downs with partners

Spell- "Sweated it out"

Stretch!

# BootCamp #6 2013

## Stationary Warm ups-

Rotate arms forward and backwards in a circle 20 times each.

Up and down on tippy toes for 40 times.

Legs wide, lean over hand on foot and then open chest, other arm up and look to the sky- 30 seconds each side

Legs together wrap hands around back of knees for 30 seconds. Slowly raise up.

Drop head to one side, stretch neck for 15 seconds, switch sides

**Across the room-** High knees there and back. Butt kicks there and back. Skipping there and back. Side shuffle there and back. Run there and back.

## Outdoor partners workout-

Bring mats, one heavy weight and bands outside to back parking lot where handicap spots are.

**Partner up-Band sprints-** Bands around hips, hold onto the band/not the handles. Person in front sprints forward, person behind bends knees, squats and tries to hold them back. Go all the way across the parking lot. Slow down at the end and then switch, other person sprints back.

Repeat 3 times with each person sprinting.

**Partner pushups-** head to head with mats. Each person does a pushup and then hits opposite hands of the person across. 30 pushups together.

**Partner abs-** On backs, feet together, knees bent, one person holds weight. Hand weight back and forth overhead while doing sit ups. 40 total...20 each with weights

**Partner sprints and planks-** one partner runs to the end of the driveway and back, one partner holds plank until they come back. Repeat 5 times EACH (everyone does plank 5 times, everyone sprints 5 times)

**Partner throw downs-** 40 throw downs each

**Quad Partner Relay-** Pair up with another 2-person set and do a relay race around the building.

**Partner Squats with medicine ball-** One person squats, as they stand up, toss the ball to the other person who squats with ball to chest and then throws back ...continue for 30 squats each person.

**Partner lunges and fast feet-** One partner lunges with weights on shoulder while the other does 100 fast feet. Switch 3 times each (everyone does lunges 3 times, everyone does fast feet 3 times)

**NEW PARTNERS-** Band sprints- 3 times each, just like we did at the beginning with a new partner.

Head inside and spell "Good job team"

Stretch!

## **BootCamp Workout #7**

Start with a slow jog around the building. At each corner do a different stretch. At the first corner ankle across the knee, sit down low, hold for 30 seconds, then switch and do the other leg. Jog to the next corner and pull up on your toe while leaning forward, stretching out your calve for 30 seconds and then switch. Jog to the next corner and rotate your arms in circles forward for 30 seconds and then backwards for thirty seconds. Jog to the next corner and while standing, pull up in your toe behind you, lean forward and stretch out the front of your leg for 30 seconds and then switch. Then run a full lap around the building.

**Stations! The first round of stations go for 1 minute with 15 seconds to switch. The second time around they go for 30 seconds with 15 seconds to switch.**

1. Abs with ball. Ball between your legs-V sit up- hand ball to your hands and lay down. Repeat
2. Stationary High knees
3. Wall sits with bicep curls with heavy weights
4. Frog Squats
5. Planks
6. Burpees
7. Lunges with light weight forward raises
8. Stage jumps- hands on stage, jump by pushing your body up off the group with your arm muscles, kick your butt with your heels.

**Buttkick around the building. Once everyone is back for 1 minute, start those same stations again for 30 seconds each**

### **Second round of stations**

1. Abs with ball-Roll out, ball on your shins, pull knees in and out while balancing on your hands
2. Side shuffles across half of room
3. Pushups-10 of every kind you know (wide arm, regular, diamond, staggered arms, repeat)
4. Sumo squats with weights on shoulders
5. Mountain climbers
6. Side leg lifts- on all fours- lift on leg to the side (like a dog peeing on a fire hydrant) switch after 30 seconds
7. Punch with weights and duck (Punch across your body and duck each time...like a boxer)
8. Burpees

**Skip around the building. Once everyone is back for 1 minute, start those same stations again for 30 seconds each**

### **Third round of stations- outside**

1. Dips
2. Step ups
3. Stand ups (weight of one leg, trying not to use hands to stand up)
4. Fast feet
5. Incline pushups
6. Jumping Jacks

**Run around the building. If there is time, do a set of 30 seconds each. If not, head inside and spell**

**"I bust my butt"**

**Stretch!**

**BootCamp Workout #8**  
**September 2013**

Do about 3 minutes of stretching, typical to our normal morning stretches.

Do each of these back and forth across the room 2 times

High knees

Butt kicks

Skipping

Side shuffle

Running

We are going down a 100 and back up a 100. Take a break only when indicated

100 Jumping Jacks

90 Fast feet on a curb or up the wall inside

80 Mountains Climbers

70 Seconds of wall sits

60 Abs (30 crunches and 30 leg throw downs)

Run two laps

2 minutes of break and water

50 Lunges

40 pushups (20 regular, 10 wide arms, 10 staggered arms..5 with each arm positions)

30 Burpees

20 Plank up downs (forearms to hands)

10 surrenders

Run two laps

2 minutes of break and water

Now start from the bottom up.....10-20-30-40-50 Break....60-70-80-90-100 Break

**If you have more time** Do a 1 minute ab sets

1. Full sit ups weight on chest

2. Sit to side abs with legs up, one weight in both hands, side to side

3. Plank

4. Side to side abs on your back- knees bent, upper body up off ground, reach to your feet

5. Abs of your choice

At the end spell with your legs -"No Excuses"

Stretch for 3-5 minutes

Have a great day!



**BootCamp Workout #9 2013**  
**Supplies needed: Water bottle, mat and heavy weights**

Do 5 minutes of stretching and a slow jog around an area/your house/a track or in place for 2-3 minutes

Deck of cards workout. If you do it in groups of 5 people or less, it is way less confusing than at bootcamp when 20 people are at different places. If you break groups into 5, give each group this sheet of paper and their own deck and have similar pace levels all together, do it in their own groups. Another option is that you deal out all the cards in advance the night before and print out how many of each ahead of time. That way you get a workout in also

Breakdown:

**Hearts= Burpees**

**Diamonds=Pushups**

**Clubs=Lunges**

**Spades= V-sit crunches or (for those with lower back pain, legs together throw downs)**

**Aces= Jumping jacks**

**Jokers=Bicep curls**

**You deal 13 cards one right after another. You do the exercises in order of how they are dealt**

**2-10: Face value-meaning you complete the number of repetitions based on the number on the card**

**All facecards (Jacks, Queens, Kings) are 12 repetitions**

**Aces are 25**

**Jokers are 50**

After you do 13 cards in a row, run around a building or run in place for 2 minutes.

2 minute break.

Start the next 13 cards. You will do four rounds of 13 with a run at the end of each.

When you finish this deck of cards you will finish your workout with a quick pyramid of abs and arms

75 seconds of plank

65 scissors with legs

55 Side to side foot touches (knees bent, upper body up off the floor, touch the outside of your feet)

45 dips

35 Full sit ups

25 standing side abs (both heavy weights in one hand) lower and lift. 25 on each side

15 Tricep extension overhead- one arm at a time with heavy weight. 15 each

5 plank up downs

Run around the building/an area.

Spelling- I'm mentally tough

Stretch!

# BootCamp #10

Spread out around room- Arm flat on wall for 30 seconds, switch arms for 30 second, toe on wall lean forward 30 seconds, switch feet 30 seconds, both hands on the wall, butt out, drop head and walk your arms down 30 seconds. Stand up rotate neck and head forward 10 circles, opposite way 10 times. Feet wide opposite hand to opposite foot, look up to ceiling and open up chest- 30 seconds, then switch. Have people go out front and do 50 fast feet, 10 step ups and then repeats, 50 fast feet and 10 step ups. Come back inside.

**Traveling bootcamp down Newport Ave-** No supplies needed first set.

Set 1. Run/jog all together all the way down to stop sign on Nevada.

- A. At Nevada 50 wide and low squats. Run back towards the church three houses on the right.
- B. 50 jumping jacks. Run three houses on your right
- C. 50 stationary lunges with your back foot on a curb switching after 25 lunges. Run 3 house on your right
- D. 50 fast feet. Run back to the church where the benches are.
- E. 50 dips and run around the building back inside for water.

Set 2- Bring 5lb weights

Run 5 houses on your left down the street with weights in hands. Stop after 5 houses and walk with Bicep curls until Nevada.

- A. At Nevada lean forward, back straight, palms facing behind you, pull up arms, elbows back. Run 3 houses on your right
- B. 50 step ups on curb fast with arms straight up overhead AS LONG AS YOUR AB MUSCLES ARE TIGHT. Run 3 houses on your right
- C. Side abs- both weights, one hand 25 oblique side pulls on each side. Run 3 houses
- D. 50 Triceps extensions overhead while on tippee toes. Run back to benches in front of church.
- E. 50 side step ups (left leg first for 25, then switch). Run around the building, back inside for water.

**Inside- mats out- 50 to 10 pyramids until the end of class. Finish as many as you can.**

50 side to side jumps  
40 side laying leg lifts on left leg  
30 staggered arm pushups, switch hands every 6  
20 Burpees  
10 surrenders  
1 lap around the building skipping

50 Stars  
40 side laying leg lifts right leg  
30 wide arm pushups  
20 Burpees  
10 Frog squats  
1 lap around the building butt kicks

50 Scissor jumping jacks  
40 Crunches  
30 regular pushups  
20 Burpees  
10 Plank up downs  
1 lap around building high knees  
Spell- I'm intense  
Stretch!

## BootCamp Class #11

Warm up with some across the room stretching and two slow laps around the building. You need your mat, heavy and light weights, a jump rope and a chair or bench.

### ***6 exercises per set***

40 wide arm pushups  
40 low squat in and out jumps  
40 lunges with weights over head press  
40 jumping jacks  
40 plank hip touchdowns (each side counts)  
40 hydrants on each leg (on all fours, leg lifts to side)  
REPEAT SET AGAIN BUT DO HALF THE AMOUNT OF REPS.  
Skip two laps around the building  
Rest

40 crab kicks (on all fours with belly facing ceiling)  
40 frog squats  
40 butt kick side jump over your matt (in plank position, kick heels to your butt, over mat)  
40 stars  
40 crunches  
40 over head and inward press  
REPEAT SET AGAIN BUT DO HALF THE AMOUNT OF REPS  
Butt kick two laps around the building  
Rest

40 Burpees  
40 Forward raise and calf raise  
40 high knees  
40 diagonal lunges with side raises  
40 plank hip dips (20 on each side)  
40 Dips on a bench or chair  
REPEAT SET AGAIN BUT DO HALF THE AMOUNT OF REPS  
Side shuffle around the building once and run the second time.

40 Forward and backward jumps  
40 Bicep curls and wall sits  
40 surrenders  
40 bicycles  
40 knee ups on a bench (one leg stationary, other leg taps down and comes back up. 40 on each leg)  
40 fast feet  
REPEAT SET AGAIN BUT DO HALF THE AMOUNT OF REPS  
Instead of running around the building go out front to do 200 fast feet taps  
Rest

If there is more time do partner throw downs- 40 each. Then 20 each

SPELL- I AM FIT!  
STRETCH!

**You will need light weights, heavy weights, matt and a water bottle. If you have a jump rope use that but you can do the jump roping movement without the jump rope,**

Stretch across the room. Head out front and do 20 step ups, 50 jumping jacks and 100 fast feet.

**Up and Down pyramid- Do each of these things starting at 5 and going to 100...and then start with 100 again and work your way down to 5.**

5 - Diamond Pushups

10- Surrenders with hands overhead

15- Frog Squats

20- Dips (on a chair or bench)

25- Burpees

Run around the building

30- Pushups (wide arm the first time, regular the second time)

35- Lunges with light weights on your shoulder

40- Bicep curls with heavy weights

45- Standing Abs- Heavy weights in ONE hand hold down at side and lift with oblique muscles (split in half 23/22 on each side)

50- Mountain climbers every leg counts

Run around the building

55- Crunches of any kind

60 seconds of wall sits with forward raises and light weights

65- Plank side to side jumps ( In plank position, kick legs together side to side...focus on butt being down and keeping abs engaged

70- Stationary butt kicks

75- Standing forward leg kicks

Run around the building

80 - Light weights (20 forward raise, 20 side raise, 20 over head press, 20 inward press)

85 seconds of side shuffles

90- Jumping jacks

95 seconds of plank

100- Stationary High knees

Run around the building

Now repeat this pyramid working down from 100 and ending the workout with 5

Spelling "I love/hate 100"

**STRETCH!**