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**DONE FOR
YOU**

**ENTERTAINING BOOT CAMP
WORKOUTS**



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Disclaimer

You must get your physician's approval before beginning this exercise program.

These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training or games.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including Boot Camp Workouts. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use Boot Camp Workouts, please follow your doctor's orders.

Introduction

Here is a collection of our boot camp sessions that our clients have enjoyed the most.

These formats are different and will help break up the monotony of any boot camp routine.

They all will follow our basic 30 minute format:

1. Warm Up
2. Strength/Power
3. Conditioning Round #1
4. Conditioning Round #2
5. Game

If you run hour sessions or 45 minute sessions, feel free to add your own exercises into here to make the workout longer.

Every round will have different working rounds, but you will notice the warm ups are usually very similar because I like people to be in routine so they don't have to think much in the warm up. I want the warm ups to feel comfortable...

All of these exercises in these workouts are either common exercises in boot camp or can be found in the Turbulence Training Boot Camp Manuals.

Enjoy these workouts and I hope they bring your clients as much excitement as they brought mine :)

20-10 Boot Camp Madness

Format: Everything in here will be in a 20-10 format. This means they will do an exercise for 20 seconds and then get a ten second rest before repeating that same exercise again for a specific number of times. This is a great format for fat loss and endurance.

*Note: the number next to each exercise represents the number of times you will repeat the 20-10 format before moving into the next exercise of the circuit.

Warm Up: 5 minutes (no 20-10 format)

1. Jumping Jacks (30 sec)
2. Kneeling Pushups (30 sec)
3. Squats (30 sec)
4. Planks (30 sec)

Repeat one more time and then rest. Total of two times through this circuit.

Strength/Power: 5 minutes (20-10 format)

1. Plyo Pushups - 2
2. Lunge Jumps - 2
3. V-Planks - 2
4. Squat Hops - 2

Rest one minute and then move onto the next round of the session.

Conditioning Round #1: 10 minutes (20-10 format)

1. Prisoner Squats - 6
2. Spiderman Pushups - 4
3. Alternating Lunges - 6
4. Mountain Climbers - 4

Rest one minute and then move onto the next round of boot camp.

Conditioning Round #2: 4 minutes (20-10 format)

1. Burpees - 2
2. Cross Body Mountain Climbers - 4
3. Jumping Jacks - 2

Game: Choose one from one of the game manuals. If you need more games [CLICK HERE](#).

40-20 Boot Camp Workout

Format: Everything in here will be in a 40-20 format. This means they will do an exercise for 40 seconds and then get a 20 second rest before repeating that same exercise again for a specific number of times. This is a great format for fat loss and endurance.

*Note: the number next to each exercise represents the number of times you will repeat the 40-20 format before moving into the next exercise of the circuit.

Warm Up: 5 minutes (no 40-20 format)

1. Run in Place (30 sec)
2. Kneeling Pushups (30 sec)
3. Squats (30 sec)
4. Planks (30 sec)

Repeat one more time and then rest. Total of two times through this circuit.

Strength/Power: 5 minutes (40-20 format)

1. Med Ball Slams - 1
2. TRX Pull-ups - 1
3. Squat Holds (Punisher Squat) - 1
4. Side Planks (20 sec ea. side) - 1

Rest one minute and then move onto the next round of the session.

Conditioning Round #1: 10 minutes (40-20 format)

1. Reverse Lunges - 1
2. Pushups - 1
3. Narrow Stance Squats - 1
4. Mountain Climbers - 1
5. Side Lunges - 1
6. Tight Grip Pushups - 1
7. Total Body Extensions - 1
8. Spiderman Climbers - 1
9. Run in Place - 1
10. Plank - 1

Immediately move into the next round of boot camp.

Conditioning Round #2: 5 minutes (20-10 format)

1. Rest one minute
2. Reverse Twisting Lunges - 2
3. Burpees - 2

Game: Choose one from one of the game manuals. If you need more games [CLICK HERE](#).

Dirty Thirties Boot Camp Workout

Format: Everything in here will be in a 30 second format. This means they will do an exercise for 30 seconds and then move onto the next exercise. This is a standard format here in our boot camps.

Warm Up: 5 minutes

1. Seal Jacks (30 sec)
2. Kneeling Pushups (30 sec)
3. Prisoner Squats (30 sec)
4. Bird Dogs (30 sec)

Repeat one more time and then rest. Total of two times through this circuit.

Strength/Power: 5 minutes (30 seconds on each exercise)

1. Clap Pushups
2. Box Hops
3. TRX Atomics
4. TRX One Arm Rows

Rest 30 seconds and then repeat one more time through.

Conditioning Round #1: 10 minutes (30 seconds on each exercise)

1. Cross Body Climbers
2. Switch Lunges
3. TRX Pushups
4. Mountain Climbers

Rest 30 seconds and repeat this circuit three more times (total of four times), resting 30 seconds after you complete each circuit.

Conditioning Round #2: 4 minutes (30 seconds on each exercise)

1. Jumping Jacks
2. Single Leg Deadlifts

3. Squat Hops

Rest 30 seconds and then repeat one more time through.

Game: Choose one from one of the game manuals. If you need more games [CLICK HERE](#).

Supersetter Boot Camp Workout

Format: Everything in here will be done in a super set format. You will do exercise “a” for 30 seconds and then exercise “b” for 30 seconds before either resting or repeating the superset.

Warm Up: 5 minutes (no super set format)

1. Jumping Jacks (30 sec)
2. Kneeling Pushups (30 sec)
3. Squats (30 sec)
4. Planks (30 sec)

Repeat one more time and then rest. Total of two times through this circuit.

Strength/Power: 5 minutes (superset format)

- 1a. Mountain Climber Pushups (one pushup/ two mountain climbers)
- 1b. Jumping Jack/ Squat Hops (two jumping jacks/ two squat hops)

Rest 30 seconds and repeat the superset two more times for a total of three times.

Conditioning Round #1: 10 minutes (superset format)

- 1a. Spiderman Pushups
- 1b. Hip Lifts

Repeat two more times without rest and then rest for 30 seconds.

- 2a. Walking Lunges
- 2b. Body Saw

Repeat two more times without rest and then rest for 30 seconds.

- 3a. Narrow Stance Squats
- 3b. Squat Thrusts

Do two more times without rest and then immediately move into the next round of the boot camp session.

Conditioning Round #2: 5 minutes (superset format)

- 1a. Close Grip Pushups
- 1b. Total Body Extensions

Repeat one more time and then rest one minute at the end of the circuit.

Game: Choose one from one of the game manuals. If you need more games [CLICK HERE](#).

Gauntlet Boot Camp Workout

Format: Everything in here will use an alternating exercise that will be placed into the circuit for every other exercise. Read below and you will get the idea. Every exercise in the gauntlet circuits will be for 30 seconds.

Warm Up: 5 minutes (no gauntlet format)

1. Run in Place (30 sec)
2. Kneeling Pushups (30 sec)
3. Squats (30 sec)
4. Planks (30 sec)

Repeat one more time and then rest. Total of two times through this circuit.

Strength/Power: 5 minutes (gauntlet format)

1. Box Hops
2. 3 second negative pushups
3. TRX Pull-ups
4. 3 second negative pushups
5. MB Slams
6. 3 second negative pushups
7. TRX Bus Drivers
8. 3 second negative pushups

Rest one minute and then move onto the next round of the session.

Conditioning Round #1: 10 minutes (gauntlet format)

1. Spiderman Climbers
2. Run in Place
3. Body Saw
4. Run in Place
5. T-Pushups
6. Rest 30 seconds

Repeat the circuit two more times before moving to the next round of the boot camp session.

Conditioning Round #2: 5 minutes (gauntlet format)

1. Jump Lunges
2. Hip Lifts (bridges)
3. Plank
4. Hip Lifts (bridges)
5. Cross Body Mountain Climbers
6. Hip Lifts (bridges)
7. Total Body Extensions
8. Hip Lifts (bridges)
9. Side Lunges
10. Hip Lifts (bridges)

Game: Choose one from one of the game manuals. If you need more games [CLICK HERE](#).

30-20-20

Format: The exercises below will be conducted using a 30 second strength exercise followed by two twenty second conditioning exercises. Each station will be done twice before moving on to the next.

Warm up: 5 minutes

1. Alternating Lunges (30 seconds)
2. Kneeling push-ups (30 seconds)
3. Jumping jacks (30 seconds)
4. Squats (30 seconds)

Station 1: 3 minutes

- 1a. TRX Pull-ups (30 seconds)
- 1b. Total body extensions (20 seconds)
- 1c. Mountain Climbers (20 seconds)

Station 2: 3 minutes

- 2a. Medicine ball slams (30 seconds)
- 2b. Total body extensions (20 seconds)
- 2c. Mountain climbers (20 seconds)

Station 3: 3 minutes

- 3a. Frog Push-ups (30 seconds)
- 3b. Total body extensions (20 seconds)
- 3c. mountain climbers (20 seconds)

Game: Choose one from one of the game manuals. If you need more games [CLICK HERE](#).

30-45-60

Format: This format will be done with three different exercises done for 30 seconds 45 seconds and 60 seconds. Each station will be done once each for 2 rounds. A 5 second rest will be given after each exercise.

Warm up: 5 minutes

1. Alternating Lunges (30 seconds)
2. Kneeling push-ups (30 seconds)
3. Jumping jacks (30 seconds)
4. Squats (30 seconds)

Station 1:

1. Squat hops (30 seconds)
2. Push-ups (45 seconds)
3. Total body extensions (60 seconds)

Station 2:

1. TRX Split squat (30 seconds)
2. Medicine ball chop (45 seconds)
3. Jumping jacks (60 seconds)

Station 3:

1. Spider man push-ups (30 seconds)
2. Full body rope slams (45 seconds)
3. Sprints (60 seconds)

Station 4:

1. Burpees (30 seconds)
2. Jump lunges (45 seconds)
3. Jump rope (60 seconds)

Game: Choose one from one of the game manuals. If you need more games [CLICK HERE](#).

60 second madness

Format: After the warm up the first 4 stations will be done for 60 seconds each for 2 rounds. 15 second rests will be given after each 60 second exercise.

Warm up: 5 minutes

1. Alternating Lunges (30 seconds)
2. Kneeling push-ups (30 seconds)
3. Jumping jacks (30 seconds)
4. Squats (30 seconds)

Station 1

1. Push ups (60 seconds)

Station 2

1. Squat hops (60 seconds)

Station 3

1. TRX pull ups (60 seconds)

Station 4

1. Sprints (60 seconds)

Group Work (30 seconds each)

1. Total body extensions
2. Mountain climbers
3. Plank
4. Get ups
5. Alternating lunges
6. Bear crawl
7. High knees
8. Jumping jacks
9. Burpees

Game: Choose one from one of the game manuals. If you need more games [CLICK HERE](#).

Never gonna stop!

Format: Continuous exercises will be given for duration of the session at 30 seconds a piece and 10 seconds of rest in between.

Warm up: 5 minutes

1. Alternating Lunges (30 seconds)
2. Kneeling push-ups (30 seconds)
3. Jumping jacks (30 seconds)
4. Squats (30 seconds)

First set:

1. Close grip push ups
2. Narrow Squats
3. Single arm TRX row
4. Cross body MT climbers
5. Wide grip push ups

Second set:

1. Battle rope slams
2. TRX push ups
3. Single leg bridges
4. Super man row
5. Jumping jacks

Third set:

1. In and out squats
2. TRX pull ups
3. Total body climbers
4. Lunges
5. Burpees

Fourth set:

1. Squat hops
2. Spider man push ups
3. Mountain climbers
4. Lunge jumps
5. kettle bell good mornings

Game: Choose one from one of the game manuals. If you need more games [CLICK HERE](#).

30-10's

Format: Each station will have two exercises done for 30 seconds each and then immediately followed by 10 seconds on each. Total of 40 seconds on each exercise.

Repeat each circuit three times before moving to the next circuit.

Warm up: 5 minutes

1. Alternating Lunges (30 seconds)
2. Kneeling push-ups (30 seconds)
3. Jumping jacks (30 seconds)
4. Squats (30 seconds)

Station 1:

1. Clapping Pushups
2. In and Out Squats

Station 2:

1. TRX Pull-ups
2. TRX Squat Hops

Station 3:

1. Battle Rope Jumping Jacks
2. Battle Rope Slams

Station 4:

1. MB Slams
2. MB Chops

Game: Choose one from one of the game manuals. If you need more games [CLICK HERE](#).

Double Exercise

Format: Two exercises will be done back to back during the 30 second intervals. You will do three reps of one exercise and then immediately transition into three reps of the other exercise. You will keep alternating back and forth for the entire 30 seconds

Repeat each circuit four times before moving to the next circuit.

Warm up: 5 minutes

1. Alternating Lunges (30 seconds)
2. Kneeling push-ups (30 seconds)
3. Jumping jacks (30 seconds)
4. Squats (30 seconds)

Station 1:

1. Squats - Jumping Jacks
2. Pushups - Mountain Climbers
3. Total Body Extensions - Run in Place

Station 2:

1. TRX Pushup - TRX Pull-up
2. Sprints - Long Jumps
3. MB Squat - MB Lunges

Station 3:

1. Battle Rope Slams - Total Body Extensions
2. MB Slams - MB Pushups
3. TRX Single Rows - TRX Squat Hops

Station 4:

1. KB Deadlift - KB Row
2. Burpees - Get Ups
3. Band Curls - Band Triceps Extensions

Game: Choose one from one of the game manuals. If you need more games [CLICK HERE](#).