

# **NO CRUNCH BOOT CAMP CORE EXERCISES:**

**BOOT CAMP MOVEMENTS THAT WILL  
SAVE YOUR CLIENTS' BACKS**



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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 No Crunch Exercises. 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 No Crunch Exercises, please follow your doctor's orders.

## Introduction

This is a manual that I actually typed up for my trainers in my facility.

Im sure you get a large handful of clients, that have lower back problems. I know in my facility, this is almost a daily occurrence on the boot camp floor.

To avoid hurting the clients' backs even more, we decided to take out all of the core exercises that involved a crunch style of motion.

As you probably are aware, crunch like motions put a rather large amount of stress on the lower vertebrae of the spine. This isn't some crazy theory of mine, this is something that we can actually prove with MODERN science.

For more information reference Doctor Stuart McGill at [www.BackFitPro.com](http://www.BackFitPro.com). He is literally the Back Expert of the fitness industry. He can tell you everything about this principle and how true everything is behind it.

Regardless, if you choose to believe this or not, I still recommend doing these exercises with your clients to shake up your core training exercises.

Below is the exact list of exercises that we use with members in our boot camp here in Michigan.

This is the list we are using currently to train our staff with, although, by the time you are reading this we will probably have added more to the list ;)

Here are your exercises...

## Planks

1. Lay on the floor on your stomach.
2. Prop your body up on your forearms
3. Then, bring your legs up off of the ground by raising up on the balls of your feet.
4. Make sure your body is in a straight line from head to toe.
5. Look just above your hands, at the ground.
6. Tighten your stomach up like someone is about to kick you, but keep your back flat.
7. Remember to breath...

<http://www.youtube.com/watch?v=nSXYy0iKBKg>

## Pushup Planks

1. Get into a pushup position.
2. Hold your body as straight as possible.
3. Squeeze your stomach muscles like you are about to get kicked
4. Keep your back flat
5. Tighten your legs
6. Look down at the floor in front of your hands.

<http://www.youtube.com/watch?v=pYmJuxxyHGU>

## Rotating Planks

1. Get into a plank position.
2. Twist your body up to one side by lifting one arm up.
3. Then, twist back to the plank position.
4. Once back in plank position, twist your body to the other side by lifting the opposite arm.
5. Repeat this motion as many times as possible.

<http://www.youtube.com/watch?v=UZ88nG6EIOY>

## Side Planks

1. Hold your body up off of the ground by posting your weight up on one forearm.
2. Make sure your feet are "stacked up" one on top of the other and your weight should be on the blade (or outside) of one foot.
3. Make sure if you run this exercise with clients, work both sides equally.

<http://www.youtube.com/watch?v=WOx0QDTlrxk>



## Side Plank Reach Unders

1. Hold in a side plank position
2. Take the hand that isn't touching the ground and reach under your body.
3. Then, reach back into the air with that same hand.
4. Repeat this motion as desired and then, remember to switch sides.

<http://www.youtube.com/watch?v=N5Y3hf3MzfM>

## Side Plank Dips

1. Get into a side plank position.
2. Let your hips drop down toward the floor and then raise your hips back up to a side plank position.

<http://www.youtube.com/watch?v=wkRImKlr2q8>

## Step Out Planks

1. Get into a plank position.
2. Step one foot out to the side of your body and then, bring it back to the plank position.
3. Repeat this motion with the other foot on the opposite side of the body, then bring it back to the plank position.
4. Repeat this step out motion on both sides as desired.

[http://www.youtube.com/watch?v=7U1WdFs\\_9ys](http://www.youtube.com/watch?v=7U1WdFs_9ys)

## Robot Planks

1. Get into a plank position.
2. From there, bring one hand up and rest your weight on the palm of that hand.
3. Then, do the same with the other hand.
4. Once you are in a pushup position, reverse the process by bringing one side back to a forearm and then the opposite side.
5. Now you will be back in a plank position.
6. Repeat this process.

<http://www.youtube.com/watch?v=gQAWgzDLaog>

## Body Saw

1. Get into a plank position.
2. From there, you are going to rock forward and backwards on your forearms and balls of your feet.
3. This should simulate a sawing motion with your body.
4. Repeat as desired.
5. The key is to keep your body straight, shoulder blades back, and stomach tight.

[http://www.youtube.com/watch?v=\\_f5a5g80Xzw](http://www.youtube.com/watch?v=_f5a5g80Xzw)

## V-Planks

1. Get into a plank position.
2. Raise one hand up off of the ground and point your hand forward, away from your body.
3. Then, lift the leg opposite from the hand that is up, off of the ground.
4. Hold for a designated amount of time and then bring your body back to plank position.
5. Make sure to repeat on the other side.

<http://www.youtube.com/watch?v=nUF4rJos-e4>

## Walking Planks

1. Get into a plank position.
2. Lift one foot straight up into the air about six inches from the ground.
3. Replace the foot to the ground and repeat with the opposite foot.
4. It should look like you are in a plank position and walking your feet up and down.

<http://www.youtube.com/watch?v=-kiVGjTrcMA>

## Spiderman Climbers

1. Get in a pushup position.
2. Squeeze your shoulder blades together and brace your core.
3. Bring your left foot up by your left hand.
4. Make sure to keep your hips low to the ground.
5. Bring the foot back to the pushup position and repeat on the opposite side.
6. It should look like spiderman climbing up a building (in place).

<http://www.youtube.com/watch?v=c4SgiQp7Pml>



## Mountain Climbers

*\*what most people consider to be mountain climbers, DO NOT work the core. This version does...*

1. Get into a pushup position.
2. Squeeze the shoulder blades together and brace your core.
3. Keep your hips low to the ground and drive one knee up toward your chest.
4. As you do this, tighten up your stomach like you are about to get kicked.
5. Replace the leg back in pushup position and repeat with the opposite leg.
6. The key is to keep your hips low and focus on keeping your core tight.
7. Control is your friend on this exercise NOT speed.

<http://www.youtube.com/watch?v=O72Dn8JZ9VI>

## Pushup/Knee Touch/Two Point Extension

1. Get into a pushup position.
2. Drive your right knee up toward your chest and touch your left hand to your right knee.
3. After you touch your knee, take that hand and leg and extend them straight out from your body.
4. Replace your hand and leg back into pushup position and then repeat on the other side.
5. Make sure you do an even number on each side.
6. Control is the key on these.

<http://www.youtube.com/watch?v=s9jHt3NSQHc>

## Cross Body Mountain Climbers (X-Climbers)

1. Get into a pushup position.
2. Squeeze your shoulder blades together and brace your core.
3. Keep your hips low to the ground.
4. Drive your knee up towards the opposite elbow.
5. Replace the leg back into a pushup position and repeat with the opposite leg.
6. The key on this is NOT speed it is control
7. Focus on squeezing the stomach muscles every time you drive a knee up toward the opposite elbow.

<http://www.youtube.com/watch?v=0sMn0vLdoF4>

## Kettlebell Sunrise/Sunset

1. Stand with your feet shoulder width apart
2. Hold a Kettlebell (KB) in a “low choke” position by grabbing the handle with both hands close to the bell.
3. Rest the bell in front of your hips.
4. Twist your body to the left so that both shoulders are facing the left side perpendicular to your body.
5. Then, slowly raise the KB up to your left and then move it towards over top of your head.
6. Once it is directly above your head, twist your body to the opposite side and slowly lower it down that side and back to your hip level in front of you.
7. Repeat the process again, but this time twist to the opposite side first.

<http://www.youtube.com/watch?v=pYmJuxxyHGU>

## Twisting Reverse Lunges

1. Stand with your feet together and lace your fingers behind your head. Then, squeeze your shoulder blades together.
2. Execute a reverse lunge with one leg.
3. Once you are in the “down” position of the reverse lunge, twist your opposite elbow toward the side that has the leg in front of the body.
4. Focus on squeezing the stomach.
5. On the way back up from the lunge, untwist your body and return to the start position.
6. Repeat this motion on the opposite side of the body.
7. Make sure to work both sides an even number of times.

<http://www.youtube.com/watch?v=W4TB3We7QxU>

## Standing Climbers

1. Stand with your feet shoulder width apart.
2. Lace your fingers together behind your head and squeeze your shoulder blades together.
3. Lift your left knee up toward your chest.
4. Then, twist your right elbow toward the side of the lifted knee (right elbow, twist to the left side).
5. Tighten up your stomach as this “twist” happens.
6. Return to the start position and repeat on the other side.
7. The key is not to bring the elbow to the knee, but rather twist the body to the side of the raised knee.
8. Make sure to keep your posture high and don't lean down when you twist.

<http://www.youtube.com/watch?v=vUK1UkP9IZs>

## Superman Holds

1. Get into a pushup position on your hands and feet.
2. Walk your hands about six to eight inches ahead of your head.
3. Bring your feet together.
4. Hold this position for as long as you can.

<http://www.youtube.com/watch?v=FhpFyo0WcjU>

## Spiderman Pushups

1. Get into a pushup position.
2. Do a normal pushup, but on the way down bring a leg up to the side of your body.
3. Make sure that your elbows go back along the sides of your body.
4. Squeeze the shoulder blades together on the way down.
5. Keep the back flat and look just ahead of your hands on the floor.
6. Your hands should be lined up with your chest.
7. Squeeze the core as you bring the leg up.
8. Replace the foot back to the start position and repeat on the other side.
9. Make sure to work both sides equally.

<http://www.youtube.com/watch?v=G5jWTRviLkQ>

## TRX Bus Drivers

1. Get into a pushup position with the TRX in your hands.
2. While keeping both arms straight (with a slight bend for safety), bring one hand straight above your head as you are leaning down in a pushup position.
3. Then, take the opposite hand and bring it to your side.
4. Both hands should be 180 degrees apart from each other. In other words, they should make a straight line.
5. Hold this position for a second and then turn your arms so that they switch positions.
6. Hold this position for a second and then repeat.
7. It should look like you are driving a bus by turning a giant steering wheel in a pushup position.
8. Keep the core engaged the whole time so that the lower back doesn't sag down.

<http://www.youtube.com/watch?v=ZcXEdocaeJ0>

## TRX Atomics

1. Lace your feet into the TRX and get into a pushup position.
2. While keeping your legs straight, raise your butt into the air by pulling your hips straight up.
3. Lower down slowly into the pushup position and repeat.
4. Make sure your lower back doesn't sag down.

<http://www.youtube.com/watch?v=4Yy4R32nTfw>

## TRX Jackknives

1. Lace your feet into the TRX and get into a pushup position.
2. Keep your back flat throughout the whole exercise.
3. Bring both knees up into the chest and then bring them back to the pushup position.
4. Repeat as many times as needed.

<http://www.youtube.com/watch?v=lvXF0OEKXU0>

## TRX Reach Throughs

1. Grab one TRX handle and lean back into a "row" position.
2. The other hand will reach back toward the floor and your body will get into a "T" position.
3. Then, pull your body up toward the anchor point with one hand while you reach the opposite hand up toward the anchor point.
4. Slowly lower your body to the start position and repeat.
5. Make sure to switch sides at some point and do the same amount of reps on that side.
6. Keep the core tight for the entire exercise.

<http://www.youtube.com/watch?v=vgGjUDAbNMc>