



**MILITARY GRADE
BOOTCAMP TRAINING**

- ✓ 50 complete, outdoor fitness workouts
- ✓ Scaled to all fitness levels
- ✓ Exact timings included for each drill
- ✓ Categorized for easy programming
- ✓ Tested on human beings

BOOTCAMP WORKOUT IDEAS


KAIZEN
OUTDOOR FITNESS

ACKNOWLEDGEMENTS

Thankyou!

The expressions of the workouts, drills and exercises in this book are original and all my own work. However, the inspiration and ideas for several of the workouts came from many, many different sources. I would like to thank the following companies and individuals for contributing to my knowledge and experiences.

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3 MONTH TRAINING PROGRAM

WEEK	DAY 1	DAY 2	DAY 3	DAY 4
1	H.I.T. BENCHMARK *DEATH BY BOOTCAMP #2	RUNNING BENCHMARK **SPRINTING #1	TEAMWORK CHALLENGE #1	STRENGTH LADDER #1
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4	H.I.T. SE7EN #1	BOXING BOXING TABATA	STRENGTH PUMP & PULSE	RUNNING SPRINTING #2
5	TEAMWORK MEDBALL MADNESS	H.I.T. LOG RUNNER	RUNNING INDIAN RUN #1	BOXING BOXING #4
6	CIRCUIT STAR CIRCUIT #1	RUNNING INCLINES #3	H.I.T. PENALTY ROUNDS	TEAMWORK CROSSOVER #2
7	RUNNING BENCHMARK **SPRINTING #1	STRENGTH SUPERSETS #2	BOXING BOXING #3	H.I.T. DEATH BY BOOTCAMP #1
8	H.I.T. TABATA #1	CIRCUIT BIG CIRCLE CIRCUIT	TEAMWORK LADDER #2	RUNNING THE SQUAT RUN
9	RUNNING CROSSOVER #1	TEAMWORK RELAY #2	RUNNING COUNTDOWN TIMER	STRENGTH SE7EN #2
10	CIRCUIT LINE CIRCUIT #2	BOXING BOXING #2	H.I.T. CHIPPER #1	RUNNING INCLINES #2
11	TEAMWORK SUPERSETS #1	RUNNING FORWARD BACKWARD	STRENGTH AMRAP #2	H.I.T. CARDIO ROUNDS #1
12	RUNNING INDIAN RUN#2	H.I.T. AMRAP #3	CIRCUIT STAR CIRCUIT #2	TEAMWORK CHALLENGE #2
13	BOXING BOOTCAMP BASEBALL #2	TEAMWORK TABATA #2	H.I.T. BENCHMARK *DEATH BY BOOTCAMP #2	RUNNING SPRINTING #3

TEN BOOTCAMP WARMUP IDEAS

Warming up is obviously very important physically, but in a group training environment it provides the perfect opportunity to introduce new clients to the group, break the ice and allow everyone to get to know each other a little bit better. Use these warm up activities to create a sense of camaraderie and 'esprit de corps' among the group. This element is absolutely vital to conducting successful and memorable outdoor training sessions. Fun warm ups really set the tone for the workout. Do not skip over this vital opportunity to give your clients a truly rewarding exercise experience. Emphasise interactivity, crack jokes, lighten the mood and use everyone's name a lot.

1. Big Letters

Everyone in the group spreads out, leaving about 2 arm lengths distance from the nearest person. Start by getting everyone to jog on the spot slowly and punch their arms out in front while you explain the warm-up: Imagine the first letter of your first name written out on the ground in front of you. It is about 4m high. Follow the outline of the letter by running over it while facing the same direction – this means going forward, backward, sideways and “jumping” on any dots. Repeat for each letter in your first name. Instead of names you could use calendar months, celebrity names, geographical locations, movies, favourite '4-letter' words etc. Gradually increase the intensity by doubling the size of the letters or duck walking out the letters.

2. Ball Throws

Partner up the participants and give each pair an air-filled ball. It can be a soccer ball, tennis ball, rugby ball, volley-ball etc. It doesn't matter. Start passing the ball back and forward between pairs. We will gradually introduce more complex movements but explain that if the ball is dropped on the ground both people must stop and do 10 star jumps. Be creative with the throwing progressions. Here are some suggestions:

One handed throws and catches, clap your hands before catching the ball, touch your head before catching, touch the ground before catching, running and passing the ball, overhead passes, one-bounce passes (interesting with a rugby ball). Then combine the movements such as 'bounce pass, touch the ground and clap your hands' before catching. Keep going until the balls start landing everywhere and the whole group is doing star jumps.

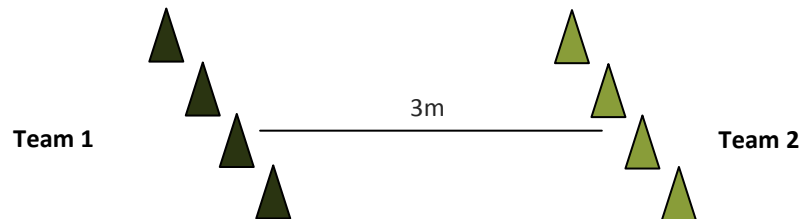
TEN BOOTCAMP WARMUP IDEAS

3. Indian Walk

Divide the group into single files of 6 to 10 people spaced out about 1.5m apart. Start moving at a brisk walk and explain that the single file formation must be maintained. The person at the back of the line jogs to the front and raises both hands in the air to signal to the person at the back to come forward. That person then jogs to the front and raises both hands. Continue to jog around a sports field, walking trail, town or neighbourhood in this fashion. Gradually start to increase the intensity and ranges of movement by having the walkers do 'boots to glutes', 'high knees', can-can walk, arm circles, punching out in front, punching above their head, tip-toe walks. As the warm-up progresses, the line of walkers can start jogging slowly so that the back-to-front of line becomes a moderately fast run. Again, be creative with the movements here. You could extend this warm-up into a full training session by adding in time-based intervals of travelling exercises such as lunges, bear crawls, duck walk, leap frogs etc. The possibilities are endless. Fitter participants can be kept challenged by doing a push up or burpee before running to the front or by running around the entire line once before going to the front.

4. Hoover Ball

Hoover Ball was invented by American president Herbert Hoover's personal trainer. Apparently they played it on the lawn of the white house to keep the president in shape. Ideally, the game is played on a volleyball court and involves teams of 2 or 3 people throwing and catching a moderately light medicine ball (2kg or 3kg) over a net which would be set about 2½m high. If there is no volleyball court near you, a soccer goal post can be used, otherwise simply mark out 2 lines of cones approximately 3m apart and have the teams throw the ball across the other team's line.



Keep the rules fairly simple – basically just get the ball over to the other side. Players take turns picking up the ball and throwing it back. Use combinations of overhead throws, underarm throws and side slings. If one team fails to get the ball across to the other side, then their team can be penalised with push ups, star jumps, squats etc.

TEN BOOTCAMP WARMUP IDEAS

5. Compass

Instruct the group to imagine that they are standing at the centre of a compass facing north. PTI will stand in front of the group (facing south) and direct the group to move to certain points on the compass – all while remaining facing north. So to go south would mean running backwards. Going west or east is side steps. Enforce penalties for the whole group if anyone starts moving in the wrong direction (including PTI - who must remember to do the *opposite* of his own commands!). Add variety to the movements such as duck walks, travelling lunges, walking tall (on tip toes), fast, slow etc. Progress the complexity of the commands as the warm up goes on, for example “10 squats, then 10 travelling lunges North East” or “duck walk to every point on the compass clockwise starting with North”. The aim is to trick and confuse people into making mistakes so the whole group does more and more penalties until they are thoroughly warm and ready to go.

6. Shadow Boxing Drills

Run through technique for standard punches and kicks, explaining the difference between orthodox and southpaw stance and making sure that everyone has the fundamental movements correct. Start with basic, single punches and progress to more complex combinations. Use boxer shuffles a lot to change stance between orthodox and southpaw and gradually increase the complexity. A few examples and drills are included here but the possibilities are endless – make the combinations relevant to the drills that you will be using in the training session.

Example Drills

20 uppercuts, 18 uppercuts, 16 uppercuts etc. counting down to 2. Repeat with straight punches.

3 side steps to the left, squat, 10 x jab-cross, 3 side steps to the right, squat, 10 x jab-cross. Repeat for 60 seconds.

Orthodox stance: Walk forward 20 steps, jabbing as you place your left foot down. Shuffle 3 times and repeat in reverse

6 high knees, 6 punches, 6 squat kicks. Repeat 6 times.

Jab-jab-cross + 3 shuffles to change stance. Repeat for 60 seconds.

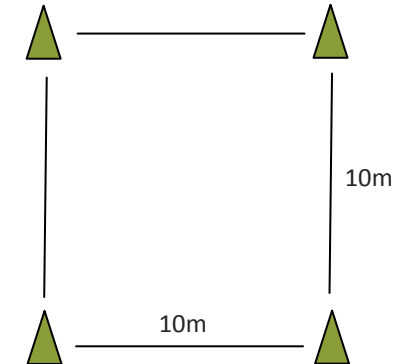
In pairs, hold your left ear and try to gently tap your opponent on the shoulder with your right hand without being tapped by them. Repeat with right hand on right ear and tap with left hand. Move from shoulder taps to knee taps.

TEN BOOTCAMP WARMUP IDEAS

7. Partner Tag

Mark out a square approximately 10m x 10m. Explain that no one should step outside of the square or bump into anyone, otherwise the whole group will be running 100m to a point and back. Pair up participants of similar fitness levels. The youngest person in the pair is 'it' and will chase down the other while also avoiding being touched by anyone else in the square. The older one is going to try to avoid being caught, bumping into anyone and stepping outside the square. This is extremely difficult as generally it is hard to move around in such a confined space. Lots of 100m run penalties!

Participants might resort to crawling through or around legs, ducking, jumping etc to avoid being tagged. If the tagger is successful, simply reverse roles and continue. Each time the group has to do a penalty run, mix in some dynamic stretches in the movements for example running with high knees, 'boots to glutes', side steps, tip toe run etc.



8. Fitball (Swissball)

The rules of Fitball are similar to soccer. It is played between 2 teams with up to 10 people on each team. Use a fitball as the ball. To create equal teams, send the group out for a 400m run around a track or sports field. Assign each person to a team alternately as they return from the run so that the first one back is team A, second one team B, third one team A, fourth one team B etc.

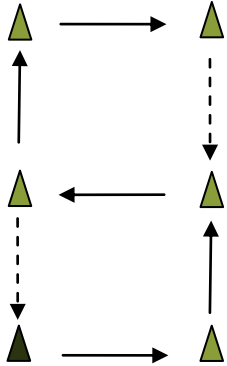
The first and second people back will act as team captains and are responsible for introducing themselves to their team, finding out every team members name and making introductions between other team members. For fun, ask each team to come up with a team name so that you can use it to provide a running commentary on the game.

Teams can score a goal by kicking, throwing or rolling the fitball in between the other team's cones which act as goal posts. Encourage lots of passing and moving into space in order to be in a better position to receive the ball. No goal keepers are allowed and **each team member must touch the ball at least once before their team can score**. This game is hugely addictive and encourages everyone in the group to get involved. Award undefended kicks at goal to penalise foul or rough play. Offenders can also be sent to the sin-bin ie. taken out of the game to do 10 burpees.



TEN BOOTCAMP WARMUP IDEAS

9. Magic Warm-up Square



This is a nice warm-up to do prior to a running-based session. It provides a little opportunity to work on agility too. Set up 6 cones as shown about 20m apart. Facing forward, follow the directions of the arrows from the bottom left corner – starting with sidesteps to the right, then jogging forward kicking up heels, sidesteps to the left, jogging forward high knees, sidesteps to the right. From the top right corner, jog backwards following the direction of the dotted arrows and start working your way backwards through the magic warm-up square, again facing forward the whole time.

After several run-throughs, increase the intensity by touching each cone as you pass (bend knees, bend hips, straight back). Alternatively, you could substitute side-step squats for lateral movements and travelling lunges for forward and backward movements if the workout will include leg strength or requires more mobility.

Finish the warm-up with some external rotations of the hip, hip extensions and calf raises.

10. Modified Netball

Mark out a square approximately 20m x 20m and divide the group into 2 teams of similar fitness levels (as per “Fitball”). Play a game of modified netball where the object of the game is simply for your team to keep possession of the ball – simply pass the ball between team members and try not to let the other team intercept it.

Upon receiving the ball, **you must pass it on within 2 secs and take no more than 2 steps while holding it.** Players caught travelling with the ball more than 2 steps or not releasing the ball after 2 seconds will incur a penalty for their whole team of 10 squats and loss of possession. The team who retains possession of the ball for the longest time gets bragging rights for the remainder of the training session.

COUNTDOWN TIMER

Category: Running

A combination of a long, slow, distance run with a series of high-rep body-weight exercises work both the aerobic and anaerobic energy pathways in this workout. During the body weight exercises, glycogen stored in the muscles will be the dominant fuel source. This should be intense enough to invoke an oxygen debt. Running at a slower pace afterwards will lower the heart rate slightly – just enough repay the debt in time for the next round.

Explain that this workout will develop a tolerance to lactic acid build up in the muscles (a by product of anaerobic work in the lactate energy pathway). This tolerance is what allows athletes to 'endure' for longer.

Set a countdown time to go off every 4 minutes. The group will all head out for a moderate run together and stop running every 4 minutes to perform 40 reps of high-intensity exercises as per below. Make sure that the front runners turn around and rejoin the group in time for the next set to commence. One way to achieve this is to instruct the fastest runner to turn around at a landmark about 400m to 600m away (eg. a bus stop, tree, stop sign, junction etc).

By the time that the countdown timer goes off, the group will be reasonably close together again. Instruct everyone to stop, perform 40 reps of the exercise and then continue running. The faster runners start their set when they return back to the last person. This will equate to roughly 3 minutes running, 1 minute of high intensity body weight exercise.

Main segment 10 x 4mins = 40mins

1. 40 air squats
2. 40 push ups (on toes for guys, on knees for girls)
3. 40 sit-ups
4. 40 walking lunges
5. 40 dips (close-grip push-ups if no fence or wall)
6. 40 walking lunges
7. 40 sit-ups
8. 40 push ups (on toes for guys, on knees for girls)
9. 40 air squats
10. Once back at the meeting place, hold a plank position until the whole group has returned

PTI Tip

Have 2 PTIs conduct this session. One will act as a front marker, making sure that faster runners do not get too far ahead.

At the 2½ to 3 minute mark in each set, the front runners should turn around and head back to the last person who will be with the second PTI.

Cool Down / Stretches



Quads



Hamstring



Calf



Chest



Triceps



Lower Back

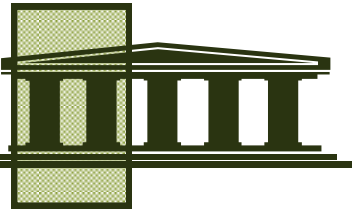
CROSSOVER #1

Category: Running

Pair up participants of uneven fitness levels as per **RELAY #1**. (Fastest runner paired with the slowest etc.). Make use of either a 400m running track or a sports field that is at least 300m circumference. One person from each pair starts running around the track or field in a clockwise direction, the other runs anti-clockwise. The first time that the pairs crossover, they both stop and do 20 lunge jumps, then continue running in the same direction. Next time they crossover, decrease the number of reps by 2 = 18 lunge jumps. Continue down to 10 reps. The team that completes each drill first is the 'winner'.

Creating pairs of uneven fitness levels is a great leveller. The fitter participants will have to run much further than their slower partners if they are to stand a chance of 'winning'. It's a great way to keep the whole group working hard.

Each round will take 15mins on a 400m track. Choose 2 or 3 rounds depending on time.



Under & Overs

Partner B holds a push-up position while partner A jumps over them. Hint: the lower the push-up, the less height A has to jump. Chest must be off the ground.

B then pikes up so that A can crawl through the space beneath B's body. That is one rep.

[Watch Video](#)

Round 1

- 20 Lunge jumps
- 18 Lunge jumps
- 16 Lunge jumps
- 14 Lunge jumps
- 12 Lunge jumps
- 10 Lunge jumps

Round 2

- 10 under & overs (partner A jumps)
- 9 under & overs (partner B jumps)
- 8 under & overs (partner A jumps)
- 7 under & overs (partner B jumps)
- 6 under & overs (partner A jumps)
- 5 under & overs (partner B jumps)

Round 3

- 20 sit-ups
- 18 sit-ups
- 16 sit-ups
- 14 sit-ups
- 12 sit-ups
- 10 sit-ups

Cool Down / Stretches



Quads



Glutes



ITB



Hamstring



Chest



Shoulders

FORWARDS BACKWARDS

Category: Running

There are many benefits to running backwards - with many sources claiming that it burns ten times as many calories as running forwards. It certainly does improve agility and dexterity and can give us more control of our bodies.

Here is a fun little system to work into your bootcamp program. The workout will vary in time depending on the fitness level of the group but the main segment below should probably take most groups 25 to 30 mins.

Send 5 minutes after warming up by getting used to running backwards. Explain some of the benefits of running backwards.

PTI Tip

Some benefits of running backwards:

- 1. burns more calories*
- 2. helps to avoid over-use injury by restoring balance in the body*
- 3. Can actually assist in rehabilitating some overuse injuries such as achilles tendonosis by placing some eccentric load on the calf muscles*
- 4. Removes a lot of impact from the knee joint so it is also ideal for preventing and rehabilitating runners knee injuries*
- 5. Improves balance and posture*

Main segment: 30mins

Run forwards for 800m	Run backwards for 400m
Run forwards for 600m	Run backwards for 300m
Run forwards for 400m	Run backwards for 200m
Run forwards for 200m	Run backwards for 100m

Finish the workout with 10 to 15mins of core exercises before stretching thoroughly.

Cool Down / Stretches



Calf



Hamstring



Glutes



Quads



ITB



Groin

INCLINES #1 - SHORT HILL SPRINTS

Category: Running

Choose a fairly steep hill about 1km or 2km from the meeting place. It does not have to be a long hill as this workout is a drill for developing speed and performance through the phosphate energy pathway.

Running up and down a hill in itself can be rather tedious, so breaking it down into manageable chunks and having longer rest periods for recovery affords you time to educate clients, get to know them better or just have fun and banter and develop your coaching style.

Look for opportunities to coach participants and improve their technique. Some cue points to focus on:

“High hips, high knees”, “Run tall” (not leaning into the hill), “Pump arms”

Drill #1

6 sets of 6 second sprints. Sprint 6s, rest for 20s. Total drill time = 3 mins
Walk back down the hill as active recovery after each one.

Drill #2

8 sets of 8 second sprints. Sprint 8s, rest for 40s. Total drill time = 6½ mins

Drill #3

10 sets of 10 second sprints. Sprint 10s, rest for 60s. Total drill time = 12 mins

Total workout time 20mins + 10mins jog to hill and back = 40mins

Cool Down / Stretches



Calf



Hamstring



Glutes



Quads



ITB

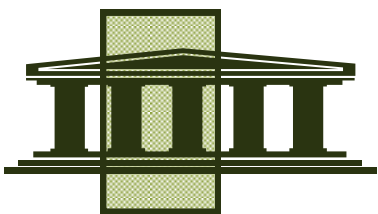


Hip Flexors

INCLINES #2 - THE CALFINATOR

Category: Running

The idea of The Calfinator is simply to find as many hills within a 2km or 3km radius of your bootcamp meeting place and, of course, to run up and down them.



PTI Tip

When running in a group, it is important to keep everyone reasonably close together. To ensure that no one gets too far ahead or behind, instruct the front runners to turn around at landmarks no more than 500m ahead and then to run back (or run to another landmark up to 100m behind the last person.

Landmarks such as street furniture (bus stops, benches) and junctions or intersections work really well since there is no scope for making a wrong turn.

Try these variations of 'hill ascent' methods:

1. run up backwards
2. 'push' a partner up. Place your hands on your buddy's back while the buddy just leans back and enjoys the ride.
3. travelling lunges up the hill
4. Use a pyramid system. For example run as far as you can up the hill for 10 steps, 20 steps, 30 steps etc. Also for time periods: 10secs, 20secs, 30secs etc.
5. Suicide drill - using lampposts or cones for markers. Starting at the bottom, run to the first marker then return, second marker then back down etc. Go hard on the way up and walk back down.
6. Relay races – carrying a baton or even a weight such as a medicine ball up and down a prescribed number of times. Works well on a short, wide hill in teams of 3 or 4.
7. Stores move – pick a hill close to the park and carry a pile of weights, tennis balls or sandbags *one at a time* to the top. Once everything is at the top then it will have to be brought back down of course. Great one for a team challenge.

Cool Down / Stretches



Calf



Hamstring



Glutes



Quads



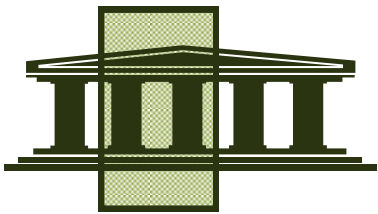
ITB



Groin

INCLINES #3 - THE STAIRMASTER

Category: Running



The idea of The Stairmaster is simply to find as many sets of stairs within a 2km or 3km radius of your bootcamp meeting place and, of course, to run up and down them. To add a fun twist, challenge the group during the warm up to each make a guess at how many different sets of stairs that they can locate during the session. Write down everyone's best guess, add up all the numbers and multiply the result by 1.5. For example, if the best guesses of 10 participants total 50 sets of stairs then the target points to reach is going to be 75 total ascends for the group as a whole.

You can visit the same set of stairs multiple times, but each person must ascend the stairs at least once per visit.

The group as a whole will get 1 point for each individual that climbs a set of stairs – fitter participants arriving at stairs first will be keen to run up and down several times while waiting for the others to catch up. **However, each person must ascend every staircase visited at least once.** The group runs to each set of stairs together. Do not allow the group to divide; this workout must be completed as a team.

Now, set the challenge: if the group as a whole fails to reach the target points within the 30min or 40min session then everyone will be faced with a 'penalty' drill of your choice upon returning to the park. Keep a running total of the score as the session progresses but do not reveal whether or not they won the challenge until the very end –they probably have a rough idea but will be begging to know for sure.

Know in advance of a few sets of stairs **that are publically accessible** so that you can guide the group if they get stuck. If necessary, you may want to change the bootcamp meeting place to an area that will be more accommodating.

This is great workout for team building and esprit de corps. All different fitness levels can participate together.

Cool Down / Stretches



Calf



Hamstring



Glutes



Quads



ITB



Groin

INDIAN RUN #1

Category: Running

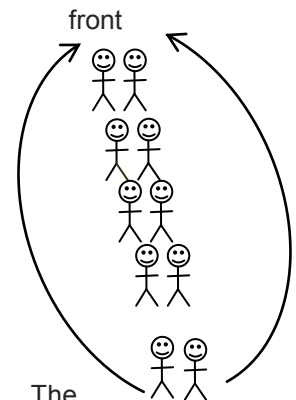
The Indian run is a classic fat burner. It uses a low intensity jog as a base and then very short bursts of intense activity. Exercises in the form of short sprints and plyometrics work the aerobic and anaerobic energy pathways.

Refer to the **Indian Walk** warm-up for an explanation on how this drill runs. It is important that the line is kept intact, spaced out and that the pace is **no more than a very slow jog**. The intense activities will mean that active recovery time is needed in between sprints to the front of the line. Plan out a 3km to 5km route beforehand that has long, straight, open spaces leaving plenty of room for manoeuvre.

The person at the back of the file does the activity for a number of reps or times depending on their fitness level before running (sprinting) to the front of the line. Repeat each activity for 5mins followed by a slow, 10minute cool down to finish.

Main Segment 6 x 5 min drills = 30 mins + 10 minute cool down = 40 mins

		<u>Beginner</u>	<u>Intermediate</u>	<u>Advanced</u>
5 mins	no exercise (just run to the front)	-	-	-
5 mins	squat jumps	1 rep	2 reps	3 reps
5 mins	sprint to front, jog backwards to back	1 time	2 times	3 times
5 mins	push-ups	1 rep	2 reps	3 reps
5 mins	jog backwards for 'x' number of steps	x=4 steps	x=6 steps	x=8 steps
5 mins	sprint to front, jog backwards to back	1 time	2 times	3 times



The pair at the back do the reps before running to the front of the file.

PTI Tips

1. The drill works best in lines of 6 to 10 people. For larger groups, pair up participants of similar fitness levels and run in a double file formation instead of single file.

2. Having the group carry a 15m rope is an ideal way to keep them together.

Cool Down / Stretches



Calf



Hamstring



Glutes



Quads



Chest



Shoulders

INDIAN RUN #2 - TRAVELLING MEDBALL

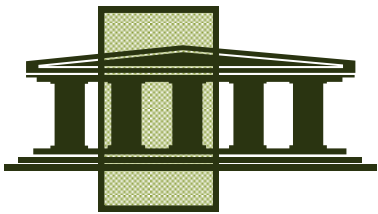
Category: Running

Refer to the **Indian Walk** warm-up for an explanation on how this drill runs. This time, the line will travel a little bit faster – at a moderate run - since we are going front to back instead of back to front.

The overriding focus of this variation of Indian Run is to keep a medicine ball (or a pair of medicine balls if double file) in *front* of the line at all times. If the medball drops behind the front person for any reason then the whole group will take a 5 push-up penalty.

The person or pair at the front of the line throw the medball in front of them and then run to the back of the line. The next person/pair at the front picks up the ball and does the same as the line continues to move forward. It requires practice and teamwork to keep this going so allow plenty of practice time before imposing penalties.

In groups with a wide variation of fitness levels, run 2 or 3 lines and adjust the work : run ratios that the travelling exercises are done for. **Main Segment = 35 mins**

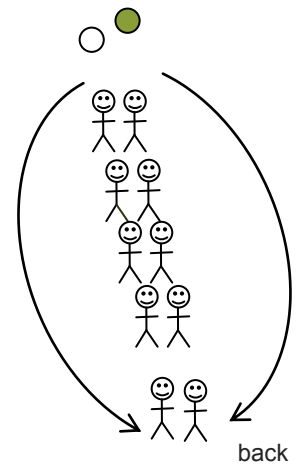


PTI Tip

In groups with a wide variation of fitness levels, have 2 or 3 lines of similar fitness levels in each line.

Assign a PTI to each line.

		<u>Work : Run Ratios</u>		
		<u>Beginner</u>	<u>Intermediate</u>	<u>Advanced</u>
10 mins	no travelling exercise (just drop to the back)			
5 mins	travelling lunges	20s : 40s	30s : 30s	40s : 20s
5 mins	bear crawls	15s : 45s	20s : 40s	30s : 30s
5 mins	duck walk	15s : 45s	20s : 40s	30s : 30s
5 mins	leap frogs	10s : 50s	15s : 45s	20s : 40s
5 mins	no travelling exercise (just drop to the back)			



Cool Down / Stretches



Quads



Hamstring



Lower Back



Upper Back



ITB



Groin

RELAY #1 - TRAVELLING LUNGES

Category: Running

This is a partner relay drill that works best if the pair are of *unequal* fitness levels. The best way to do achieve this situation is to have the whole group run a 400m lap. Naturally, the faster or fitter members of the group will complete the lap first. Ask the group to line up in the order that they finished and pair them up as follows: The two people at the ends of the line ie. the slowest and the fastest become partners. Repeat this until everyone has a partner. If there are an uneven number in the group then the 3 middle people will form a trio.

Jog with the group to a wide, open space with a clear landmark approximately 500m or 600m away. Everyone should have a clear line of sight to it.

The faster member of the pair will run out to the landmark and back again. In the meantime, the slower member will start travelling lunges in the same direction. When the runner returns, they tag their partner and swap roles. If there is a trio, then 2 people start running while one lunges.

As the drill progresses, obviously the distance to the turnaround point gets shorter. The uneven partnerships virtually guarantee that everyone will reach the end at approximately the same time. It will become competitive as it gets towards the end. Encourage this, but remain strict about the technique of the lunges and handicap any 'cheaters' by giving them a penalty to slow them down. For example waiting 5 seconds before running after being tagged - or for fitter participants several star jumps, push ups or squats.

Substitute travelling lunges with 2 steps followed by a squat for those with unstable knee joints.

Total Time for Main Segment (500m distance): 25mins to 30mins

Cool Down / Stretches



Quads



Hip Flexors



Glutes



Hamstrings



Calf



ITB

SPRINTING #1

Category: Running

This is an interval challenge for time and it is a good workout to use as a benchmark of overall fitness.

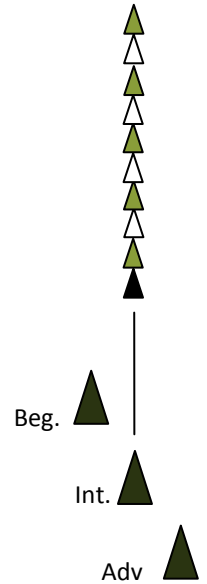
Participants have a fixed time in which to complete the workout. If beginners and intermediates meet the challenge, then they progress to being intermediate or advanced athletes! The test time will vary depending on the overall fitness level of the group however 20mins is a fairly average starting point for most groups.

Mark out 10 cones at 20m apart along a 200m section of running track or on a long, flat field. Place markers for the 'starting lines' as follows: Beginners starting point is 20m from the first cone, intermediates 30m and advanced athletes start 40m away from the first cone.

Each athlete races to the first cone and upon returning, does one set of prisoner squats followed by a set of sit-ups (10, 15 or 20 reps of each depending on their fitness level). They then proceed to rush to the second cone and back and again do the squats and sit-ups. Keep going until every cone has been visited once. Their time stops when they complete the last set of sit-ups.

Total challenge time: 20mins

Run for 10 mins before returning to the meeting place for a game of **fitball**. (See warm up ideas).



Cool Down / Stretches



Calf



Hamstring



Glutes



Quads



ITB



Hip Flexors

SPRINTING #2 - STRAIGHT LINE

Category: Running

Sprinting is superior to any other exercise for developing power and strength in the legs. This workout offers a formula to work some sprint training into your bootcamp sessions. Start the session with a light jog, about 1km to 2km to a large, empty car park that has marked bays and set out cone markers in front of each car park space - about 10 to 15 adjacent bays. If you can't find an empty car park, simply place cones about 2m apart.

Place 3 'starting cones' at 80m, 90m and 100m from one end of the line of car park cones. Beginners will start at 80m, intermediates at 90m and advanced from 100m.

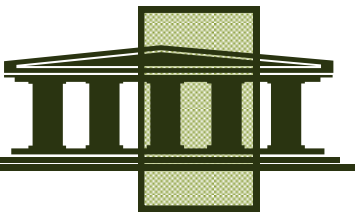
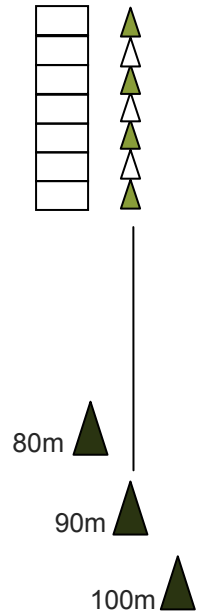
Every minute, on the minute, participants run from their start cone to the nearest cone in the line. This will take about 10s to 15s. Once everyone arrives at the first marker, remove it from the line up. Everyone then walks or jogs slowly back to their start cone ready to go again. Each time, remove a car park bay cone until all the markers have gone. Notice that each interval will be slightly longer than the last with slightly less rest time in between sprints.

Jog the 1km or 2km back to the meeting place and complete the stretch routine below

Total workout time 30mins

Light jog	10mins
Intervals	10 to 15mins
Cool-down jog	10mins

Beginners start at 80m, intermediate 90m and advanced at 100m



Sprinting Tips

Run on the balls of your feet with the foot landing directly below the weight of your body

Arms bent at about 90 degrees. Drive the elbows down

Push hips forward to activate glutes

Relax! Allow the speed to come naturally.

Cool Down / Stretches



Calf



Hamstring



Glutes



Quads



ITB



Hip Flexors

SPRINTING #3 - ROUND TRACK

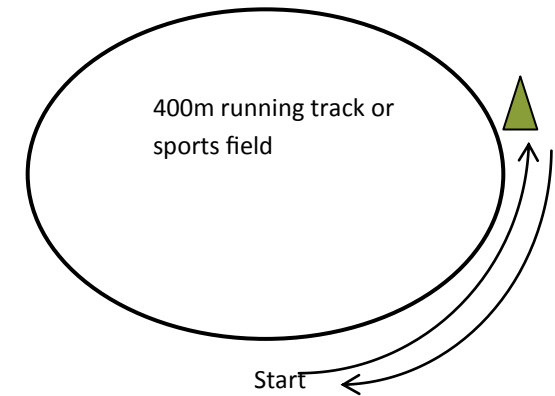
Category: Running

You will need a bunch of different coloured hats or cones and a track or sports field to run around. Alternatively, mark out a 400m or 500m round circle with hats or cones.

Each participant picks a coloured hat to use as their own personal marker.

To start with, everyone will run counter-clockwise as fast as they can for 10s, carrying their coloured hat. They then drop the hats wherever they get to. Rest at the hat for 10s before sprinting back to the start – trying to beat the time it took to go out in the first place. Again, rest for 10s and repeat for the prescribed number of repetitions in each set. (Out and back is 2 reps).

When we change rounds, reset the distance by bringing the cone marker back and leaving it at the new distance for that round. Also, change the running direction. The work:rest ratio for all intervals is 1:1



PTI Tip

Make sure all participants are thoroughly warmed up beforehand.

Sprinting drills must never be done cold, since there is an increased risk of tearing hip flexor muscles.

This is a short, intense workout – it is worth spending 20 minutes warming up first.

Round 1 (3 mins)

9 reps of 10s sprinting@97%
Counter-clockwise

Round 2 (6 mins)

6 reps of 30s running@90%
Clockwise

Round 3 (6 mins)

3 reps of 60s running@80%
Counter-clockwise

Rest for 4 mins in between rounds. Total workout time = 23mins

Cool Down / Stretches



Calf



Hamstring



Glutes



Quads



ITB



Hip Flexors

THE SQUAT RUN

Category: Running

Add some variety to a normal run by mixing in rounds of squats as described here. This is a great workout to build up muscular endurance.

This can be run in a suburban neighbourhood or anywhere that has a moderate variety of incline or interesting features. Pick a main road that has side-street “arteries” or a few adjacent blocks if your town is laid out in a grid.

The rules are as follows. Assign every participant a number of squats based on their fitness level. After a good warm-up, everyone does their prescribed number of squats and then starts running...

Plan out a route in advance that will take them past **10-15** street corners or that has features at about 300m or 400m apart. Each time the group arrives at a street corner, end of a road or a street feature, everyone stops and does their prescribed number of squats. They will finish their squats at roughly the same time, even if they don't start together. Make slight adjustments to individuals after a couple of stops by assigning fewer squats to slower people and more to faster ones. Just a couple of extra squats at every corner will slow down those superstars significantly.

At the end of the run, ask the athletes how many squats they have done. They could be surprised to hear that it is several hundred!

Keep it fun by encouraging little races to the next squat stop between similar level athletes.

It will take 35min to 45mins to complete the main segment of this workout

Scaling suggestions:

Beginners: 5 squats

Intermediate: 10 squats

Advanced: 15-20 squats

Cool Down / Stretches



Calf



Hamstring



Glutes



Quads



ITB



Groin

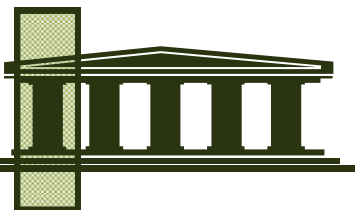
AMRAP #3

Category: H.I.T.

A stamina workout with plenty of volume in the repetitions to build muscular endurance. It can be done anywhere. The only equipment needed is a skipping rope.

Equip each participant with an appropriate length jump rope (see sidebar). Incorporate some skipping drills in the warm-up so that participants can experiment with different lengths and weights of rope.

20 minutes non-stop of this circuit should have the most elite athlete on their knees! To extend the duration of the workout you will need to reduce the intensity, so place the stations around a 400m track or the edges of a sports field and allow a jog/recovery run in between stations. Alternatively you could you run to a nearby spot about 1km or 2km away, do the AMRAP workout and then return to the meeting place at a jog.



PTI Tip

To determine if the jump rope is the appropriate length, stand with both feet together on top of the middle of the rope.

Hold the handles up against the sides of the body and stand up straight. The rope handles should be just level with the armpits.

AMRAP – 20 minutes

Perform as many rounds as possible of the following exercises *in order*:

	Beginner	Intermediate	Advanced
10 <u>burpees</u>	burpees	burpees	burpees
20 <u>Marine Push ups</u>	knee push-ups	push-ups	hand release push-ups
30 <u>sit-ups</u>	crunches	½ sits	full sit-ups
40 <u>prisoner squats</u>	½ squats	prisoner squats	prisoner squat + calf raise
50 <u>skips</u>	star jumps	skips	<u>double unders</u>

Cool Down / Stretches



Quads



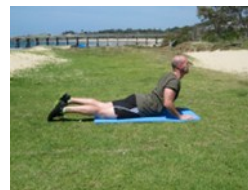
Glutes



Chest/Shoulders



Upper Back



Lower Back



Calf

BOOTCAMP BASEBALL #1

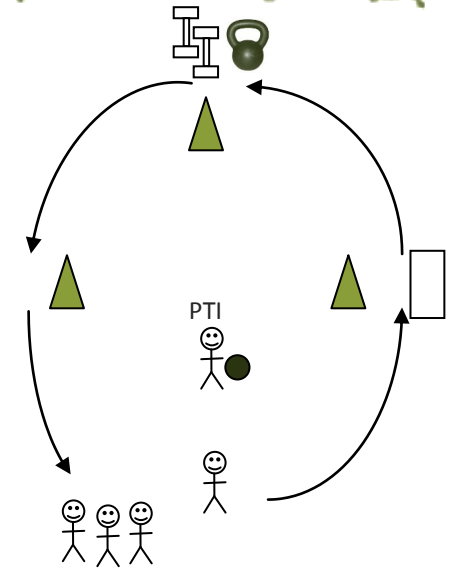
Category: H.I.T.

Jog to a nearby baseball or softball park. If you don't have a baseball pitch nearby, simply mark out 3 bases 90' /30m apart with cones. At 1st base place some mats and at 2nd base a variety of dumbbells or kettlebells.

Players line up to 'bat'. The PTI 'pitches' a soccer ball to the player who attempts to header it back. If the player is successful, and the PTI catches the ball then that player gets to score a 'home run' – they run around the diamond and count that as 1 point. If the ball does not land back in the arms of the pitcher then that player must retrieve the ball, pass it to the pitcher and run a 'penalty round' – stopping at every station for a prescribed set of exercises.

They do not earn a point for a penalty round, only successful headers and home runs. The winner is the person with the most home runs at the end.

Play the game for 30 minutes, changing the exercises for the penalty round every 10 minutes. Adjust the difficulty for each participant by pitching the ball faster, slower, high, low etc. 'Fix' it so that everyone gets an even mix of home runs and penalty rounds without making it too obvious what you are doing!



ROUND 1 (10 minutes)

- 1st base [Hollow Rocks](#)
- 2nd base Supine Bicycles
- 3rd base Wide-knee Sit-ups

ROUND 2 (10 minutes)

- DB Squats
- DB [Upright Rows](#)
- DB Shoulder Press

ROUND 3 (10 minutes)

- [Bear Crawl](#) to 2nd base
- Duck Walk to 3rd base
- Run backwards to home plate

Hollow Rocks

Lie supine with arms stretched overhead and legs out straight.

Raise arms and legs about one foot off of the floor and attempt to assume the shape of a rocker on a rocking chair, then gently, slowly, teeter back and forth.

[Watch Video](#)

Cool Down / Stretches



Hip flexors



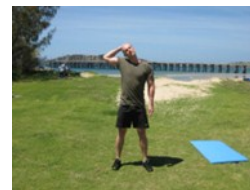
Hamstrings



Chest



Shoulders



Neck



Biceps

CARDIO ROUNDS #1

Category: H.I.T.

Set up 5 cones at 3m to 5m apart

This workout includes the **medball suicide drill** which runs as follows: Pick up a medicine ball at the first cone and run to the farthest cone *with the ball held directly above your head*. Focus on driving power from the inside out by bracing core muscles and focusing on hip extension – “push hips forward”, “shoulders behind ears”. Turn around, return to the first cone, stopping to do a 1-rep medball burpee variation at each cone on the way back.

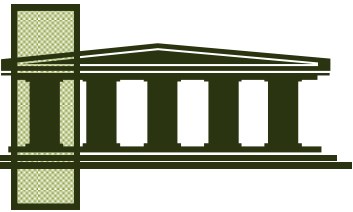
Each round will take about 5 to 6 minutes. Scale the number of reps and the distance of the run depending on individual fitness levels as suggested so that everyone gets to finish at the same time.

PTI Tip: Start groups of 2 or 3 people at each exercise to save on the amount of medballs and jump ropes required.

5 rounds – approximately 30mins

Perform the exercises *in order*:

	Beginner	Intermediate	Advanced
Kettlebell Swings	20 reps	30 reps	50 reps
<u>Power Jacks</u>	20 reps	30 reps	50 reps
Skips	100	30 <u>double unders</u>	50 <u>double unders</u>
Medball suicide drill	<u>medball thruster</u>	medball burpee	medball burpee + tricep push up
Run @ 90% max speed	200m	400m	600m



Power Jacks

Similar to a star jump. As you bring your hands and feet together, leave feet about shoulder width apart, squat down and touch the outside of the ankles.

Jump up with legs abducted and hands above head.

[Watch Video](#)

Cool Down / Stretches



Quads



Calf



ITB



Groin



Chest/Shoulders



Hamstrings

CARDIO ROUNDS #2 - COUNTDOWN CARDIO

Category: H.I.T.

Set up

Place 7 cones or markers at 3m apart for a Suicide drill. Beginners do 4 sprints, intermediates 5 sprints and advanced 6 sprints. Lie skipping ropes on the ground for lateral jumps – jump sideways over the rope with feet together is one rep.


Countdown the number of reps in each exercise (50,49,48...) working down to the end of the round.

5 rounds – 30mins

Perform the following exercises *in order* each round. Rest for no more than 1 minute in between rounds.

	Beginner	Intermediate	Advanced
<u>Lateral Jumps</u> over rope (feet together)	40	50	60
Crunches or Sit-ups	30	40	50
Shadow Boxing Combo: jab-cross, duck	20	30	40
<u>Lunge jumps</u>	10	20	30
<u>Hand release push-up</u>	10 (on knees)	10	20
Squat Jumps with knee tuck	10 (½ range)	10	10
1x Suicide Run	(4 sprints)	(5 sprints)	(6 sprints)
Run @ 70%	200m	200m	200m

Rest for 1 minute max.

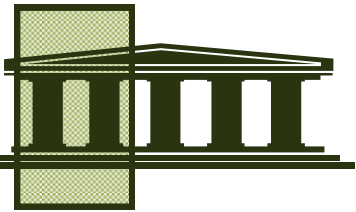
Adv. 

Int.. 

Beg. 



Start



Hand Release Push-up

A modified version of a regular push-up. Lower your chest to the ground and lift hands off the floor before pushing up again.

This ensures that a deep, full range of motion is observed.

[Watch Video](#)

Cool Down / Stretches



Calf



Hamstring



Quads



Glutes



Chest



Triceps

CHIPPER #1 - FILTHY FIFTY

Category: H.I.T.

A chipper workout involves a variety of exercises covering multiple tasks and movements. The exercises must be completed in order. It is designed so that as you begin to totally fatigue in one task, you switch to another movement and continue. This particular chipper workout is very demanding, especially the advanced “filthy fifty” version.

Participants can rest in between sets and also during sets as required. There is no strategy here. Just get the work done!

Main segment 30 to 60 minutes

Challenge the fittest athletes to complete the Advanced version – the ‘Filthy Fifty’ chipper workout in less than 50 minutes!

Nose 2 Knee

Start by lying supine with legs straight out in front. Sit up and reach forward with hands, bringing L knee towards nose. Lower and repeat for R knee. Each sit up is one rep.

[Watch Video](#)

	Beginner reps	Intermediate reps	Advanced reps
Tuck jumps	30	40	50
Low Rows (Resistance Band)	30	40	50
Dumbbell or Kettlebell Swings	30	40	50
Travelling Lunge holding Dumbbells	30 steps	40 steps	50 steps
Nose 2 Knee	30	40	50
Push-ups	30	40	50
Back extensions	30	40	50
Medball or Dumbbell Thrusters	30	40	50
Burpees	30	40	50
Double Unders (skips)	10 (50)	25 (150)	50

Cool Down / Stretches



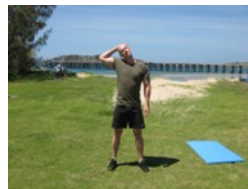
Chest



Shoulders



Upper Back



Neck



Quads



Hamstrings

DEATH BY BOOTCAMP #1

Category: H.I.T.

Set a countdown timer for 60 seconds. Do the pair of exercises every minute, on the minute for 20 minutes. The intensity gradually increases as the rounds progress and more work is required with less rest. The challenge here is to get all the way to the end of the workout without 'dying'.

Each person should choose an appropriate size dumbbell or kettlebell - one that they can do comfortably for about a 20 rep max.

Keep going for the full 20 minutes.

If you fail to complete a set within the minute, you 'die'. The round you reached is your score for the workout. Rest for the following minute and then simply try again in the next round after your rest.

The two exercises are:

10 double unders (substitute with 20 fast, regular skips if you can't do double unders yet)
Single Arm Dumbbell Ground to Overhead

For the DB Ground to Overhead, alternate arms. Increase by 1 rep every round/minute. ie

Round 1	10 double unders,	1 x single arm DB Ground to Overhead
Round 2	10 double unders,	2 x single arm DB Ground to Overhead
Round 3	10 double unders,	3 x single arm DB Ground to Overhead
Round 4	10 double unders,	4 x single arm DB Ground to Overhead
Round 5	10 double unders,	5 x single arm DB Ground to Overhead
Round 6	10 double unders,	6 x single arm DB Ground to Overhead
Round 7	10 double unders,	7 x single arm DB Ground to Overhead
etc.		

Cool Down / Stretches



Calf



Hamstrings



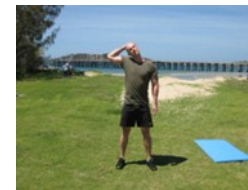
Hip flexors



Shoulders



Upper back



Neck

DEATH BY BOOTCAMP #2

Category: H.I.T.

Set a countdown timer for exactly 2 minutes. Perform each round every 2 minutes, on the minute for 20 minutes. The pressure gradually increases to complete the work as the legs and lungs get tired.

Keep going for the full 20 minutes.

If you fail to complete a set of exercises within a round, then *finish what you started* and then rest for the remainder of the following 2 minute round before continuing. If you find that you can't keep up before the fifth round has passed, then drop back to beginner or intermediate reps for the second half of the workout.

Jog with the group to a fairly wide, long set of stairs. A sports stadium would be perfect, otherwise a well-maintained, wide set of public stairs or even a hill would work. You want about 30, foot-high steps.

		Beginner	Intermediate	Advanced
At the bottom of the stairs:	<u>alt. lunge jumps</u>	20	30	40
At the top of the stairs:	push-ups	10	15	20



Jog for 10mins to 15mins to cool down, before making your way back to the meeting place.

Cool Down / Stretches



Quads



Glutes



Calf



Hamstring



Chest



Shoulders

LOG RUNNER

Category: H.I.T.

One of the nice things about outdoor exercise is being able to use features in the natural environment. Logs are perfect for this workout but so are benches, low walls (<30cm high) or stairs.

The only equipment required for this workout are skipping ropes and resistance bands; which means it can be done anywhere – run with the group to an area close by (1km to 2km) that has a feature that can be used. The workout has three, 10 minute segments. Round 1 focuses on pushing movements, round 2 on pulling, round 3 on core (shoulder, hips and lower back). Superset each exercise in the set with 60s of running or skipping.

The run in between exercises in sets 1 and 3 is not a recovery run – encourage the participants to work hard (85% to 90%) for the full 10 minute round. Vary the distance of the run for each participant based on fitness level so it lasts 60s. That way everyone starts and finishes each exercise at the same time. Alternatively choose a point some distance away and get everyone to run towards it. After 30s, the whole group will stop, turn around and run back.

Main Segment 3 x 10 min rounds = 30 mins

Round 1

60s Step ups
60s Log push-ups
60s Log mountain climbers
60s Log dips
60s Step ups

Round 2 (Resistance Band)

60s Lateral jumpovers (hands on log)
60s Low rows
60s Step-downs (toe taps)
60s Bicep curls
60s Lateral jumpovers (hands on log)

Round 3

60s Log powerjacks (hands on log)
60s Log T push-ups
60s Log hip extensions
60s Log plank reach backs
60s Log powerjacks

* Rounds 1 & 3: Run @ 90% for 60s after each exercise

* Round 2: Skip for 60s after each exercise

Cool Down / Stretches



Glutes



Quads



Hip flexors



Lats



Biceps



Triceps

PENALTY ROUNDS

Category: H.I.T.

This is one frustrating workout for participants but heaps of fun for PTIs!

The format guarantees that everyone will put in 100% effort - because the penalty for not doing so involves a short spell in the hurt locker. Here's how it works:

Participants are assigned a target number of reps of a given exercise to complete in a round. Each time that they pause to rest, or fail to complete a repetition correctly invokes the penalty. How strict you are with the rep judgement depends on the fitness level of each client – especially look for incomplete reps and poor technique among the fitter participants and penalise them. This will ensure that the whole group finishes each round at about the same time.

The number of reps and penalty varies depending on fitness level. Choose fairly heavy dumbbells for the first two rounds (about a 20rep max) and then drop the weight slightly each time a penalty round is incurred.

Rounds will vary in time from about 8 to 10 minutes. Total workout time = approximately 25-30mins.

Round		Beginner		Intermediate		Advanced	
		#reps	Penalty	#reps	Penalty	#reps	Penalty
1.	Sandbag Thrusters	80	200m run	90	300m run	100	400m run
2.	Sumo Deadlift High Pull	80	100 skips	90	20 double unders	100	30 double unders
3.	Hollow Rocks	80	3 burpees	90	4 burpees	100	5 burpees

Cool Down / Stretches



Quads



Glutes



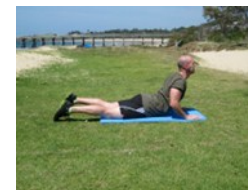
Hamstrings



Shoulders



Upper Back



Lower Back

SE7EN #1

Category: H.I.T.

This is a challenging anaerobic workout designed to train the lactate energy system. It is roughly 2mins work, 2 mins rest for each set. Explain that the faster they complete a set, the more rest time they will get before the next one starts. The reward of longer rest is a great incentive to really go for it during each set!

Allow a good 15 minutes warm up before this one. Demonstrate each exercise and then give everyone the opportunity to practice a few skips and burpees. Correct any technique issues, then advance or regress each individual in the group according to their ability and fitness level.

Set a countdown timer to sound an alarm every 4 minutes. It will take about 1'45" to 2'15" to complete one set of work. The participants should be encouraged to breathe and recover during the remaining time and to encourage those still working to finish faster. Tick off each set as it is completed so that you don't lose track.

7 rounds of 4 minutes = 28mins for the main segment.

7 Sets of:

70 skips

7 burpees

7 sprints

1 bear crawl

Beginner

skips or star jumps

squat jumps

20m sprints

20m

Intermediate

skips

burpees

25m sprints

25m

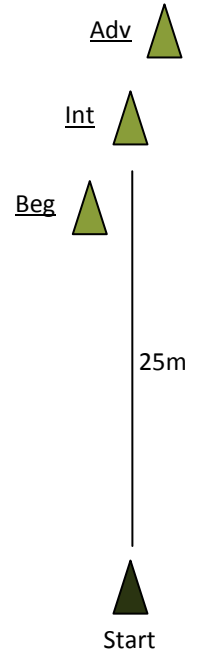
Advanced

skips

burpee + push-up

30m sprints

30m



1	2	3	4	5	6	7
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Cool Down / Stretches



Quads



Glutes



Calf



Hamstring



Chest/Shoulders



Hip Flexors

TABATA #1 - CLASSIC TABATA

Category: H.I.T.

The Tabata protocol; invented in Tokyo, Japan in 1996 by a team of exercise scientists led by Dr Izumi Tabata. They published evidence of a dramatic increase in anaerobic capacity and oxygen uptake in a group of conditioned athletes. The conclusion was that just 4 minutes of Tabata does more to boost aerobic and anaerobic capacity than an hour of long, slow, low intensity, monostructural activity. However, **it is intense!** Use Tabata sparingly in your bootcamp programs – advise less conditioned participants to start very slowly.

The protocol itself is simple – 20secs of maximum intensity exercise followed by 10secs of rest, repeated 8 times for a total of 4 minutes. It is more effective if the exercises are compound (ie mobilising more than one joint). Below is a suggested sequence. The intensity in segments 1,3 and 5 can be varied by the weight of the dumbbells used.

Beginners: 5kg Intermediate: 10kg Advanced: 20kg

5 x 4min segments with 2 to 3 minutes rest in between = approximately 30 mins.

1. Sumo Deadlift High Pull (with Dumbbells)
2. **High Knees** x6, **Mountain Climbers** x6. Repeat for the 20s work period.
3. Thruster (with Dumbbells)
4. **Sprint** for 10secs, turn around and sprint back (=20s)
5. **Reverse lunges** holding a single dumbbell straight above head in both hands (straight arms, shoulders behind ears)

Cool Down / Stretches



Hamstrings



Hip flexors



Calf



Glutes



Upper Back



Shoulders

CHALLENGE #1 - DUAL CHALLENGE

Category: Teamwork

Working as a team to achieve a common goal is a massive motivator. In this workout, teams work to see which one can complete each of the challenges in the fastest time.

Divide the group into teams of 3 or 4 people of varying fitness levels. Each member of each team is assigned exactly the same number of reps. Once the faster members of the team complete the reps of their exercises, they can then start doing the reps for team members that are still going.

For example, the first person to finish all their exercises in challenge 1, finds that a team mate has done 80 of their squats and 50 upright rows. They might choose to do the remaining 20 squats for that person. The next person finished may then choose to do the remaining upright rows or go help the other team member by doing some of their reps for them.

It is not advised to complete all the reps consecutively. Break each exercise down into blocks of smaller reps and move to the next one just before you reach fatigue. The 400m run must be done in one go.

Each round will take between 10 and 15 minutes depending on how fit the group is as a whole. Every team member works until all reps are complete for all members in their team.

Challenge 1

- 400m run
- 100 Dumbbell squats (holding dumbbells)
- 100 Dumbbell Upright rows
- 10 20m run + 5 bench jumps*
- 20 turkish get-ups (10L 10R)

Challenge 2

- 400m run
- 200 skips
- 100 push-ups
- 100 wide-knee sit-ups
- 20 burpees

** substitute bench jump for squat jumps if no bench*

Cool Down / Stretches



Quads



Calf



Shoulders



Lats



Chest/Shoulders



Lower Back

CHALLENGE #2 - CENTURY CHALLENGE

Category: Teamwork

Place 5 cones in a line 2m apart as shown and a 'start' cone 30m away from the 1st cone. Assign hats, batons or sashes to each team so that each team has a their own colour. You will need 9 hats per team. One for each round.

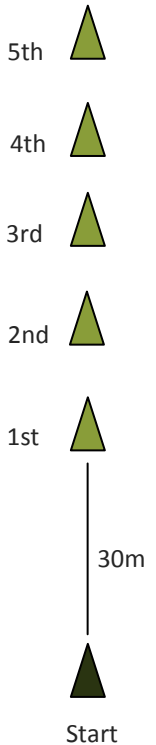
The Century Challenge involves a series of races between teams to complete 100 reps of an exercise. The first team finished each exercise picks up a hat or baton of their team colour and runs *as a team* from the start cone to put it level with the 1st cone. The team waits at the cone until all other teams are finished.

The second team to finish puts their team colour at the 2nd cone, the third finished goes to the 3rd cone etc. At the end of all the workout, a relay race commences where one member from each team at a time runs from the start cone out to the other cones to collect each of their team coloured hats or batons, one at a time and in turn.

The first team to retrieve all their coloured hats wins the relay race - so the more times a team can finish 1st or 2nd in the rounds, the less distance each member has to run in the relay. However, it is not impossible for an average team, or one who flunks a couple of rounds to win the overall final relay race.

Total workout time = 50mins

1. DB front squats (holding dumbbells to chest)
2. DB bent over low rows (elbows tucked in)
3. [Hand release push-ups](#)
4. [Nose 2 Knee](#)
5. DB Shoulder Press
6. DB [Pendlay Rows](#)
7. [Hollow rocks](#)
8. [Lunge jumps](#)
9. DB Upright row (high pull)
10. Finish the workout with the relay race



PTI Tip

Teams of 2 complete 100 reps of each exercise, teams of 3 must complete 150 reps.

Just one set of dumbbells is required for each team. A team member gets 20secs to do as many reps as possible before handing the weights to the next person.

Every 20s yell 'CHANGE' and continue to swap until all the reps are complete.

Cool Down / Stretches



Quads



Hamstring



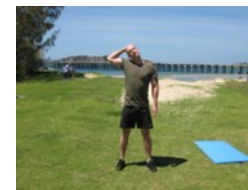
Lats



Chest



Shoulders



Neck

CHIPPER #2 - TEAM CHIPPER

Category: Teamwork

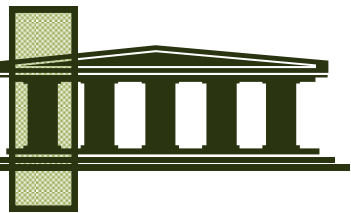
Divide the group into teams of 2 or 3 participants and ensure that there is a spread of different fitness levels on each team. For example, the fittest in the group will be paired with the least fit.

The challenge is that *as a team* they must work their way through the workout below in the order shown. Only one person in the team works at a time and will do as many reps as they can in 20seconds. They then rest while the next person in the team continues for the next 20s.

When the required number of reps is reached, the person working continues straight on into the next exercise. Teams of 3 will need to do more reps but get longer rests. It is better to put new or less conditioned participants into a team of 3.

Main segment 30 to 35 minutes

Swap “worker” every 20 seconds



Plank Reach-Backs

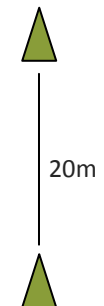
Start in a plank position with hands on ground directly below shoulders and feet shoulder width apart.

Reach back with L hand and touch back of L knee, keeping hips parallel with the ground. Repeat with R hand to R knee for one rep.

[Watch Video](#)

Skips	400	600
Air Squats	200	300
DB Bicep Curls	120	180
DB Tricep Extensions	120	180
Plank Reach Backs	120	180
DB Reverse Lunges or DB Lunge Jumps	120	180
Marine Push ups	120	180
Burpees	60	90
Medball Squat Throws	60	90
20m Sprints	30	45

Teams of 2 (reps per team)	Teams of 3 (reps per team)
400	600
200	300
120	180
120	180
120	180
120	180
120	180
60	90
60	90
30	45



Cool Down / Stretches



Hip flexors



Glutes



Lower Back



Chest/Shoulders



Biceps



Triceps

CROSSOVER #2

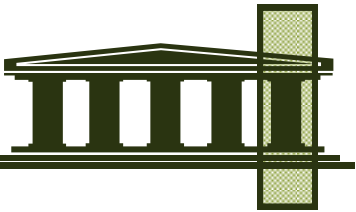
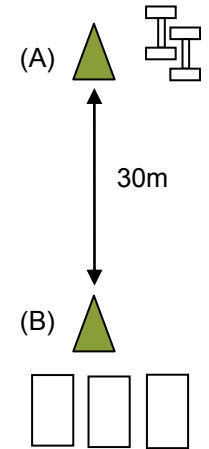
Category: Teamwork

This workout involves supersets of exercises that target each major muscle group. Perform 3 sets of each exercise, alternating between exercises in each set. Each set is done to almost failure so we reduce the number of repetitions in subsequent sets. Choose DBs that are approximately a 10 rep max or increase the reps.

Set up 2 stations at 30m apart and pair up participants of similar strength and fitness levels so they can share the dumbbells, which are placed at station (A). Put mats at (B). One person starts with the DB exercise at station (A) and the other on the mats at (B). The pair swap stations after each set by sprinting the 30m, crossing over in the middle. PTI must dictate the cadence of the reps for everyone in the group.

At the end of each round (6 sets in total), the whole group does 60s of high intensity cardio together followed by 60s rest before moving onto the next muscle group superset.

Total workout time 30mins.



Double Unders

A very intense form of jump rope skipping - the rope must pass under the feet twice per jump.

[Watch Video](#)

<u>Station (A) DBs</u>		<u>Station (B) Mats</u>	<u>Reps</u>	<u>60s High Intensity Cardio</u>
Squat + Calf raise	<->	Reverse Lunge (alt.)	15, 12, 10 reps	skips or double unders
Renegade Rows	<->	Marine Push ups	15, 12, 10 reps	bench jumps / squat jumps
Pistols (bodyweight)	<->	Glute Bridges	15, 12, 10 reps	sprints between stations
Bent Over Rows	<->	Back Extensions	15, 12, 10 reps	skips or double unders
Nose 2 Knee	<->	Plank Reach Backs	12, 10, 8 reps (each side)	sprint between stations
Shoulder Press	<->	T push-ups	12, 10, 8 reps (each side)	bench jumps / squat jumps
Russian Twists	<->	Hollow rocks	15, 12, 10 reps	

Cool Down / Stretches



Quads



Calf



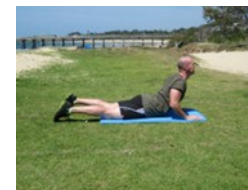
Chest



Lats



Shoulders

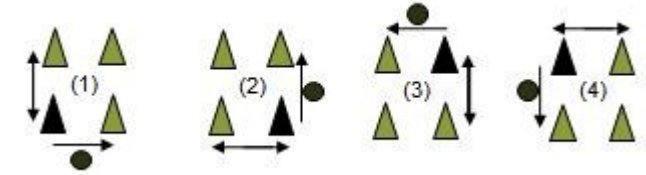


Lower Back

MEDBALL MADNESS

Category: Teamwork

1) Working as groups of 4, form a square with one person at each corner. Stand about 1.5m apart. Throw ball to the person on your right who passes it to their right and so on. Run to the person on your left and back again - before they pass the ball back to you. Every 2 mins, change direction and increase the size of the square. Light balls - 1kg or 2kg balls are best for this drill. Soccer balls work too.



2) In pairs of similar fitness level, one person does a travelling exercise to a cone 10m away and then runs back carrying the medball held high above their head. In the meantime, the other person carries out the isometric exercise at cone (A). Swap over and repeat. Change exercises after 4 or 5 mins.

Travelling
Lunge with twist
(holding medball)
[Leap frogs](#)

Isometric at cone (A)
Plank with one leg raised
[Frog Pose](#)

3) In pairs of similar fitness level, take turns to do as many **medball squat throws** as possible while your partner runs 200m. Continue to alternate between medball squat throws and running for 8 to 10 mins.

4) In teams of 2 or 3 people of similar fitness levels, take turns to pick up and throw a heavy medball (6kg to 10kg) as far as possible. After 4 or 5 mins, turn around and start throwing it back in the opposite direction until you return to where you started.

Run each drill for 8 to 10 mins, with a short rest in between for change over.

Total workout time: 35-40mins

Frog Pose

Excellent stability exercise for upper body joints.

Place hands on the ground and knees just behind elbows.

Transfer bodyweight forward so that you are resting knees on elbows and balancing only hands.

[Watch Video](#)



Quads



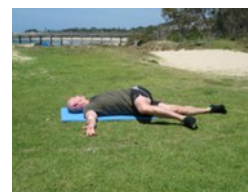
Hamstring



Chest



Shoulders



Lower Back



Neck

LADDER #2 - PARTNER REP LADDER

Category: Teamwork

Split the group into teams of 2.

Each individual should select weights or resistance that meets their own individual strength.

Rounds are 55 reps per person with a little rest in between. The pair do alternating, ascending sets of reps starting from 1 and increasing by 1 each time until they have both done a set of 10 reps. So A does 1 rep then waits while B does 1 rep. B then waits while A does 2 reps etc.

Every round is an opportunity to be crowned champion for that exercise. This is all it takes to encourage a little bit of competitive spirit and raise the intensity.

Total workout time = 45 mins

(including time to demo exercises and a short rest between rounds.)

1. [Sumo Deadlift High Pull](#) <5 mins
2. DB weighted sit-ups (holding a medball or dumbbell above head) <10 mins
3. [Marine Push ups](#) <5 mins
4. 5m sprint <10 mins
5. DB Shoulder Press <5 mins
6. DB Squat + Calf Raise <5 mins
7. Skip x 10 (10 skips = 1 rep) <10 mins

<u>Partner A</u>	<u>Partner B</u>
1 rep	1 rep
2 reps	2 reps
3 reps	3 reps
4 reps	4 reps
5 reps	5 reps
6 reps	6 reps
7 reps	7 reps
8 reps	8 reps
9 reps	9 reps
10 reps	10 reps

Cool Down / Stretches



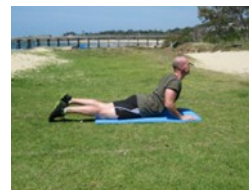
ITB



Groin



Chest/Shoulders



Lower Back



Hip flexors



Glutes

RELAY #2 - BUDDY BLITZ

Category: Teamwork

This set of partner relay drills work best when the pair are of *equal or similar* fitness levels.

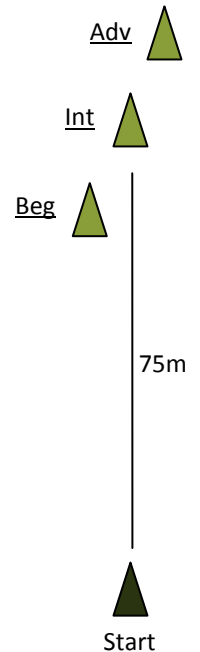
Mark out the intermediate turnaround point by placing a cone 75m away from where you will be conducting most of the exercises. The beginner and advanced turnaround points can be up to 25m closer or farther depending on the deviation of fitness levels within the group.

Follow the series of relay drills below. Partner A runs out to their turnaround and back while partner B counts the number of repetitions of an exercise. When they swap over, B continues counting from where A left off. Keep swapping for the duration of the round. At the end of each round, get each team to shout out their score and jot it down. Acknowledge the winners of each round.

6 rounds of 5 minutes plus 1 minute between rounds to demo exercises.

Total workout time = 35mins

5min Rounds - Count total reps in each round



Exercise

- Round 1 [Spiderman push-ups](#)
- Round 2 Low Rows
- Round 3 [Medball Squat Throws](#)
- Round 4 [Nose 2 Knee](#)
- Round 5 Kettlebell / Dumbbell swings
- Round 6 Reverse T-flies

Equipment required

-
- Heavy Resistance Band
- Medball (10kg guys / 5kg girls)
-
- Kettlebell / Dumbbell
- Light Resistance Band

Cool Down / Stretches



Chest



Lats



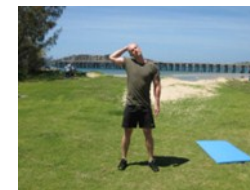
Upper Back



Lower Back



Shoulders



Neck

SUPERSETS #1 - BUDDY SUPERSETS

Category: Teamwork

In keeping with our philosophy of constantly varying the stimulus to avoid plateaus, this workout combines strength and anaerobic cardio in couplets and uses a task-based set of challenges. **Repeat each round 5 times.** The first set of each round will be hard, but not impossible to do in one go and the following rounds may require pacing and possibly breaking the sets down into smaller and more manageable chunks of reps.

Divide the group into pairs of roughly equal body weight or strength. Each pair takes turns to do the strength exercise while the other 'assists' by adding their own body weight. Each pair does the cardio component together as a team.

Rounds will vary in time from 8 to 10mins.

Round 1 – repeat 5x

10 Piggy back squats

(beginners take 10 steps forward carrying partner)

Sprint 100m

(run to a point 50m away and back)

Round 2 – repeat 5x

10 [Partner Medball Situps](#)

100 skips

Round 3 – repeat 5x

10 [Partner Rows](#)

15 [bench jumps](#)

(beginners: step-ups

intermediate: bench jumps

advanced: burpee bench jumps)

** substitute bench jump for squat jumps if no bench*

Piggy Back Squats

Lift your partner piggy-back style. Get them to remain still while you squat as low as you can go.



Quads



Hamstrings



Calf



Hip flexors



Chest



Lats

TABATA #2 - BUDDY TABATA

Category: Teamwork

The Tabata protocol is simple – 20secs of maximum intensity exercise followed by 10secs of rest, repeated 8 times for a total of 4 minutes. It is more effective if the exercises are compound (ie mobilising more than one joint).

Below is a suggested sequence for pairs. This time, some rounds use supersets – ie. they alternate between 2 different exercises that use different muscle groups. **Work in pairs and swap over exercises each time.**

Partner A does one exercise while Partner B does the other and then swap for a total of 4 sets of each. You only get 10s to change over, so transition quickly between exercises.

Again, promote all out intensity for the 4 minutes and incorporate breathing exercises between rounds.

5 x 4min segments with 2 to 3 minutes rest in between = approximately 30 mins.

Alternate between

1. [bench jumps](#) / Dips
2. [Thrusters](#) / [Sumo Deadlift High Pull](#)
3. [double unders](#) / 10m shuttle sprints
4. Wide-knee sit-ups / [Marine Push ups](#)
5. [Renegade Rows](#) / [Hollow Rocks](#)

Equipment required

Bench, log or steps
Dumbbells or Sandbags
Jump rope
Mats, sand or soft grass
Dumbbells, Mats, sand or soft grass

Cool Down / Stretches



Hamstrings



Glutes



Quads



Chest/Shoulders



Neck



Triceps

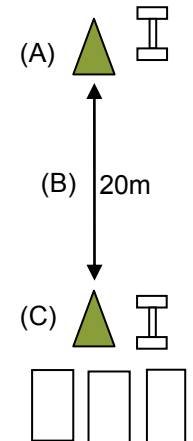
AMRAP #1 - SINGLE, TRAVELLING, DOUBLE

Category: Strength

Set up 2 stations at 20m apart. Each participant chooses a set of dumbbells that they will use for the workout. They place one dumbbell from the set at station (A) and hold on to the other. Place some mats at station (C) if required.

The exercises at station (C) all require one dumbbell. Station (B) is a travelling exercise also requiring just one dumbbell and station (A) requires both dumbbells - which is why one must be left there. Going at their own pace, the participants complete as many rounds as possible in the time allocated by travelling back and forward between the stations.

3 x 10min rounds = 35mins including time for short rest and demonstrations of exercises between rounds



<u>Round</u>	<u>Station (A)</u>	<u>Station (B)</u>	<u>Station (C)</u>
1 (10mins)	DB high pulls 20 reps	Travelling Lunges (DB above head)	turkish get-ups 2 reps each side
2 (10mins)	Push-ups 20 reps	Leap frogs (hold DB to chest)	DB Ground to Overhead 10 reps each side
3 (10mins)	Double DB Swings 20 reps	3 x 20m shuttles (carrying DB)	Russian Twists (using dumbbell) 20 reps

Cool Down / Stretches



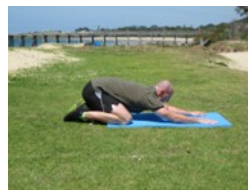
Lats



Chest



Shoulders



Upper Back



Lower Back



Hip flexors

AMRAP #2 - TEAM TRIPLETS

Category: Strength

Set up 3 stations approximately 30m apart. Place a selection of dumbbells at one of the stations and some mats at another.

Divide the group into 3 teams. Each team member will do the prescribed number of reps at each station based on their fitness level. Each team member must complete their reps before the team is allowed to move to the next station. Encourage teams to move quickly so that they are not holding up the team behind them. The pressure of this will make everyone work that much harder. Together, the entire group will attempt to do as many rounds as possible in 10 minutes.

ROUND 1 (10 minutes)

Burpees

Beginner

3 reps

Intermediate

5 reps

Advanced

8 reps

DB Renegade Rows

10 reps

15 reps

20 reps

Nose 2 Knee

10 reps

15 reps

20 reps

ROUND 2 (10 minutes)

Lunge Jumps

10 reps

15 reps

20 reps

DB Shoulder Press

10 reps

15 reps

20 reps

Glute Bridge 'Marches'

10 reps

15 reps

20 reps

ROUND 3 (10 minutes)

Air squats

10 reps

15 reps

20 reps

DB Single Leg Deadlift

8 reps

12 reps

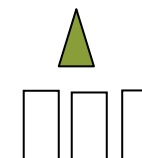
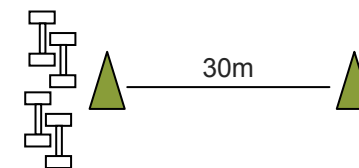
15 reps

Marine Push ups

8 reps

12 reps

15 reps



Glute Bridge 'Marches'

Lie supine with feet as close to buttocks as possible.

Extend one leg straight upwards, lifting pelvis towards the sky. Alternate legs as if marching, keeping hips fully extended throughout.

[Watch Video](#)

Cool Down / Stretches



Quads



Hamstrings



Calf



Glutes



Chest



Lats

PUMP & PULSE

Category: Strength

Today we focus on legs – this workout format is excellent for developing balance, joint stability and of course strength. By varying the range of movement, using ballistic movements and also isometric poses, we hit every muscle and energy pathway. This variation of stimulus is important to avoid plateaus in strength. The workout requires both fast twitch and slow twitch muscle fibres and you will certainly feel the burn the next day.

We do 4 variations of each leg exercise with short runs for recovery in between sets. At the end of the first round, break for a longer recovery run. This will help speed up recovery and flush any lactic acid out of the muscles. The formats are:

- Traffic lights** – “Red”=Stop: hold in lowest position. “Orange”=Slow: 6sec reps. “Green”=Fast: regular pace reps
- Pulse** – Hold a pose in the low range and “pulse” for 5-10 reps. Mix in with full range reps.
- Plyometric** – ballistic movement ie. Jumping
- ½ Range** – use just the top range or bottom range of motion. Mix in with full range reps.

2 rounds of the following, with a 4min run at the end of the first round. Main segment 45 minutes.

- | | | | |
|---------------------------|----------------|-----------------------|--|
| 1. Air Squats | Traffic lights | 60s | then, run for 30s to benches |
| 2. Bulgarian Split Squat | ½ Range | 2 mins (60s each leg) | then, run for 30s |
| 3. Leap frogs | Plyometric | 30s | then, jog for 30s |
| 4. Reverse Lunges | Pulse | 2mins (60s each leg) | then, 30s suicide drill from Line Circuit #1 |
| 5. DB Sumo Squat | ½ Range | 60s | then, run for 60s |
| 6. DB Travelling Lunges | Traffic Lights | 2mins | then, run for 60s |
| 7. DB Squats | Pulse | 60s | then, jog for 60s |
| 8. Bodyweight Lunge jumps | Plyometric | 30s | then, 30s suicide drill from Line Circuit #1 |

Cool Down / Stretches



Quads



ITB



Calf



Hamstring



Groin



Glutes

LADDER #1 - TIME LADDER

Category: Strength

Sometimes it pays to keep it simple and this workout presents a structure that will keep participants engaged, while practicing what may be familiar exercises to them. It is based on a series of simple movements so that the intensity can be kept high and beginners can be coached through fundamental movements such as squats and presses.

Do each exercise for 30s, then allow 10s to transition between exercises. Each round, add an extra exercise as you ascend the ladder and take one away as you descend.

Total workout time = 35mins

Round 1	Push ups						
Round 2	Push ups	Wide-knee sit ups					
Round 3	Push ups	Wide-knee sit ups	Lunge jumps				
Round 4	Push ups	Wide-knee sit ups	Lunge jumps	Hollow Rocks			
Round 5	Push ups	Wide-knee sit ups	Lunge jumps	Hollow Rocks	DB Squats		
Round 6	Push ups	Wide-knee sit ups	Lunge jumps	Hollow Rocks	DB Squats	DB Shoulder Press	
Round 7	Push ups	Wide-knee sit ups	Lunge jumps	Hollow Rocks	DB Squats	DB Shoulder Press	DB Bicep Curl
Round 8	Wide-knee sit ups	Lunge jumps	Hollow Rocks	DB Squats	DB Shoulder Press	DB Bicep Curl	
Round 9	Lunge jumps	Hollow Rocks	DB Squats	DB Shoulder Press	DB Bicep Curl		
Round 10	Hollow Rocks	DB Squats	DB Shoulder Press	DB Bicep Curl			
Round 11	DB Squats	DB Shoulder Press	DB Bicep Curl				
Round 12	DB Shoulder Press	DB Bicep Curl					
Round 13	DB Bicep Curl						

Cool Down / Stretches



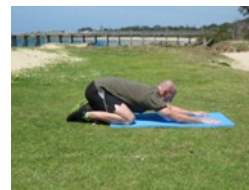
Chest



Hip flexors



Glutes



Upper Back



Biceps



Shoulders

SUPERSETS #2

Category: Strength

Combine bodyweight exercises and cardio into couplets to form task-based sets of challenges. The first set of each round will be hard, but not impossible to do in one go and the following rounds may require pacing and possibly breaking the sets down into smaller and more manageable chunks of reps.

Rounds will vary in time from 8 to 10mins.

Round 1 – 5 rounds of

*30/40/50 x Travelling lunges

*(30 for Beg. / 40 for Int. / 50 for Adv.)

(hands above head, rotate torso towards front leg on each step)

10 x Leap frogs

Round 2 – 5 rounds of

*20/30/40 x Wide-knee sit-ups

*(20 for Beg. / 30 for Int. / 40 for Adv.)

10 x 10m sprints

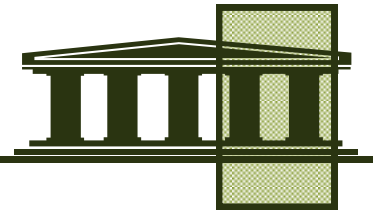
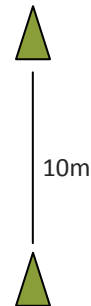
Round 3 – 5 rounds of

*10/20/30 x Dips - on a bench, fence, low wall or medball

*(10 for Beg. / 20 for Int. / 30 for Adv.)

(Move feet closer to body to regress for beginners)

10 x Medball burpees



Cool Down / Stretches



Quads



Glutes



Calf



Hamstring



Hip flexors



Triceps

SE7EN #2 - "AR7"

Category: Strength

The AR7 stands for "Active Rest" or even "Accelerated Results". It has also been called the 7-6-5 protocol.

We will be doing 110 reps of each exercise: in 7 sets of 7 reps, 6 sets of 6 reps and 5 sets of 5 reps.

A short, "active rest" period in between sets ensures that tension is maintained in the body - this is key to building muscle.

Start with 7 slow reps of the DB Squats followed by an "active rest" period of 7 seconds before doing 7 more reps. Repeat this 7 times before moving on to the Romanian Deadlift then the squat jumps. *Rest for 90s*, then go back to the DB Squats for 6 sets of 6 reps, 6sec active rest and so on. *Rest 90s again* then finish the round with 5 sets of 5. The PTI must dictate the cadence of the repetitions. Challenge the participants not to miss a rep.

Adjust the weight of the dumbbells and the range of bodyweight exercises as per individual capabilities.

Allow 20-25mins for each round. Total workout time: 45-50mins

Round 1	Reps	Active Rest
DB Squats	7-6-5	hold weights on shoulders in standing position.
DB Romanian Deadlift	7-6-5	hold weights close to and in front of body in standing position
Bodyweight Squat Jumps	7-6-5	hold in low squat position maintaining chest up

Round 2	Reps	Active Rest
Push up (on knees if necessary)	7-6-5	hold push-up position at top with arms straight and shoulders apart
Resistance Band Low Row	7-6-5	hold band under tension
Wide-Knee Sit-ups (or crunches)	7-6-5	Isometric Glute Bridge

Cool Down / Stretches



Quads



Glutes



Calf



Hamstring



Chest/Shoulders



Lats

BOXING #1

Category: Boxing

2½ to 3 minute rounds add up to a 40 min workout - including time to demo boxing combinations and pad changes.

Round 1

Duck, jab
Duck, jab-cross

Round 2

jab-cross, L hook
jab-cross, R hook

Round 3

Jab-cross-R upper

Padholder turns 90°
(alternate between rotating clockwise and anti-clockwise or mix up randomly)

Round 4

Every 10s:
5 punches, 5 squat jumps

Round 4

Jab x 2 + 20 fast uppercuts
Jab x 3 + 30 fast uppercuts
Jab x 4 + 40 fast uppercuts
Jab x 5 + 50 fast uppercuts

Round 5

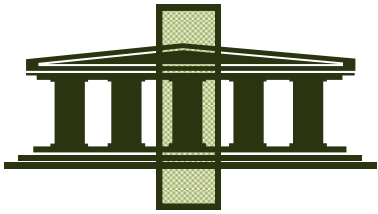
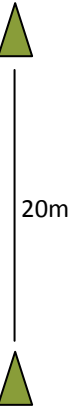
10s straight punches
10s lunge jumps
Run 40m (20m out and back)

Cross x 5 + 50 fast uppercuts
Cross x 4 + 40 fast uppercuts
Cross x 3 + 30 fast uppercuts
Cross x 2 + 20 fast uppercuts

10s high punches
10s lunge jumps
Run 40m (20m out and back)

10s uppercuts
10s lunge jumps
Run 40m (20m out and back)

Repeat 2x



PTI Tips

Pair up participants into equal height and ability partnerships.

Pad holder cues:

Move 1 or 2 steps forward, back or to the side before presenting pads for the combo.

Boxer cues:

Stay on your toes!
Move fast!

Cool Down / Stretches



Chest/Shoulders



Neck



Biceps



Triceps



Lower Back



Shoulders



BOXING #2

Category: Boxing

2½ to 3 minute rounds add up to a 40 min workout - including time to demo boxing combinations and pad changes.

Round 1

jab-jab-cross
jab-cross,
jab

Round 2

Jab-cross, duck, cross

Round 3

Jab, cross, L uppercut, cross

Round 4

2 punches + 2 high knees
4 punches + 4 high knees
6 punches + 6 high knees
8 punches + 8 high knees
10 punches + 10 high knees
8 punches + 8 high knees
6 punches + 6 high knees
4 punches + 4 high knees
2 punches + 2 high knees

Round 5

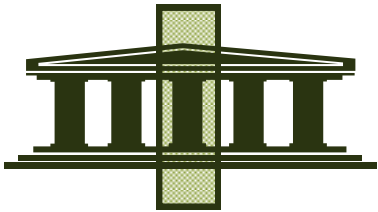
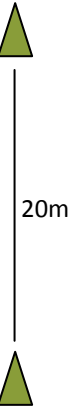
20 punches + 20 uppercuts
3 x 20m sprints for boxer
1 x 20m jog for pad holder

Round 6

Push the pad holder back 10m, then
20 straight punches

alternating between cones

*This works best with a shield instead of
punch pads*



PTI Tips

*Pair up participants into
equal height and ability
partnerships.*

Pad holder cues:

*Move 1 or 2 steps forward,
back or to the side before
presenting pads for the
combo.*

Boxer cues:

*Stay on your toes!
Move fast!*

*Go up to 10 to 20 depending
on fitness level*

Cool Down / Stretches



Chest/Shoulders



Neck



Biceps



Triceps



Lower Back



Shoulders



BOXING #3

Category: Boxing

2½ to 3 minute rounds add up to a 40 min workout - including time to demo boxing combinations and pad changes.

Round 1

Jab-cross-jab + 3 boxer shuffles

Alternates between orthodox and southpaw stances

Round 2

jab-cross,
jab-jab-cross,
jab-jab-jab-cross

Round 3

Jab-cross-jab
Jab-cross-jab + R uppercut
Jab-cross-jab + R upper + L upper

Add punches after 60s and 90s

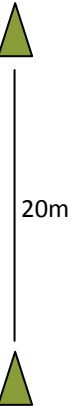
Round 4

Walking lunges toward pad holder:
10 steps + 20 punches

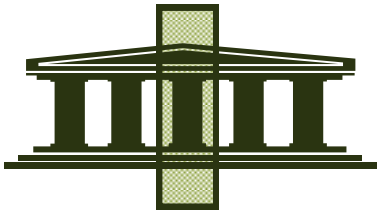
Turn around half way through round

Round 5

Side steps:
5 to Left, duck, 10 uppercuts
5 to right, duck, 20 straight punches



20m



PTI Tips

Pair up participants into equal height and ability partnerships.

Pad holder cues:

Move 1 or 2 steps forward, back or to the side before presenting pads for the combo.

Boxer cues:

*Stay on your toes!
Move fast!*

Round 4

10 punches + 1 push up + 1 squat jump
20 punches + 2 push ups + 2 squat jumps
30 punches + 3 push ups + 3 squat jumps
40 punches + 4 push ups + 4 squat jumps
50 punches + 5 push ups + 5 squat jumps
40 punches + 4 push ups + 4 squat jumps
30 punches + 3 push ups + 3 squat jumps
20 punches + 2 push ups + 2 squat jumps
10 punches + 1 push up + 1 squat jump

Cool Down / Stretches



Chest/Shoulders



Neck



Biceps



Triceps



Lower Back



Shoulders

BOXING #4

Category: Boxing

2½ to 3 minute rounds add up to a 40 min workout - including time to demo boxing combinations and pad changes.

Round 1

jab-cross x 4 (hard)
jab-cross x 4 (fast)

Round 2

L upper, R upper, L upper, Cross

Round 3

jab-cross, jab
Duck
Cross, jab-cross

Round 4

Straight punches:
10 hard punches + 2 push ups
20 fast punches + 2 sprints (20m)

Repeat for round

Round 5

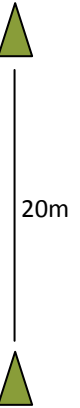
20s straight punches
Run 20m out
Burpees : beg.2 int.3 adv.4
Run 20m back

20s above head punches
Run 20m out
Burpees : beg.2 int.3 adv.4
Run 20m back

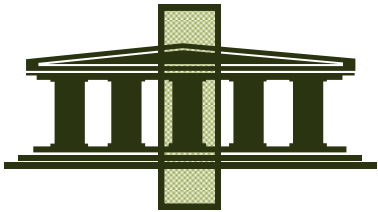
20s uppercuts
Run 20m out
Burpees : beg.2 int.3 adv.4
Run 20m back

Round 6

Every 10s:
4 uppercuts, 4 lunge jumps (go deep)



20m



PTI Tips

Pair up participants into equal height and ability partnerships.

Pad holder cues:

Move 1 or 2 steps forward, back or to the side before presenting pads for the combo.

Boxer cues:

*Stay on your toes!
Move fast!*

Cool Down / Stretches



Chest/Shoulders



Neck



Biceps



Triceps



Lower Back



Shoulders

BOOTCAMP BASEBALL #2 - BOXING

Category: Boxing

Mark out a baseball pitch with cones 30m apart and place medicine balls at 2nd base. Partner up in pairs of equal fitness level – beginners, intermediates and advanced. The game is handicapped so that everyone can play together and stand an equal chance to win.

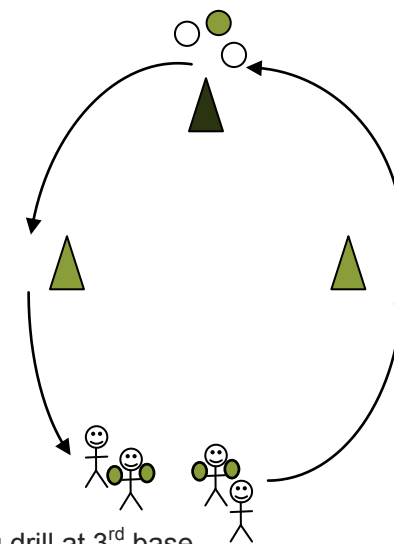
Here are the rules: Each pair travels around the baseball pitch, stopping at each base to do either a boxing drill (1st and 3rd bases) or a medball drill (2nd base).

Once round, they have earned a 'home run' so they can then run right around the square *together*. After scoring a home run, they complete another round in order to earn their next 'home run' and this alternates for the round. Recognise the winner of the first round, but explain that the overall winner is the team with the highest number of home runs at the end of both rounds.

Each round goes for 15 minutes. Total workout time = 30mins

Partner A does the boxing drill at 1st base. The pair do alternate reps at 2nd. Partner B does the boxing drill at 3rd base

Each pair starts by completing a full round. Advanced pairs start at 2nd base, Intermediate pairs 3rd base and Beginners start at the home plate. This will stagger the start - the advanced team will have to complete an extra ½ lap in order to start their first home run. The reps at 2nd base are the total for the team, not each individual.

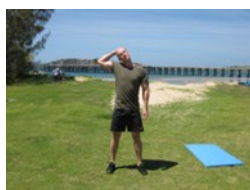


	<u>1st Base</u>	<u>2nd Base (medballs)</u>	<u>3rd Base</u>
Round 1	50 punches – partner A	Squat throw for max height Beg=20reps, Int=30, Adv=40	50 punches – partner B
Round 2	50 uppercuts – partner A	Medball burpee Beg=20reps, Int=30, Adv=40	50 uppercuts – partner B

Cool Down / Stretches



Chest/Shoulders



Neck



Biceps



Triceps



Lower Back



Shoulders

TABATA #3 - BOXING

Category: Boxing

Pair up participants into equal height/weight partnerships. As per the tabata protocol, **rounds last 4 minutes**. One person (the boxer) works for 20s and rests 10s. The other will hold the bag or pads for 20s and work for 10s. Do the boxing rounds twice, swapping pad holders each time.

Total workout time: Approx. 35 minutes including changeover time.

Round 1 skipping 20s, rest 10s for 4 minutes. Everyone does this together.

Round 2 & 3 **Boxer (20s)**

Neutral Stance
6 high Knees + 6 straight punches
repeat for 20s

Bag Holder (10s)

Sprint to cone 20m away and return

Round 4 & 5 **Boxer (20s)**

Touch ground, touch sky
Jab, Jab, Cross
Shuffle feet to switch boxing stance

Bag Holder (10s)

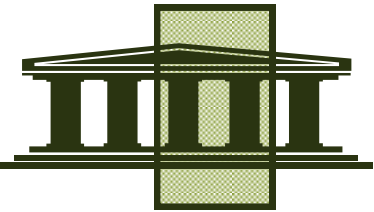
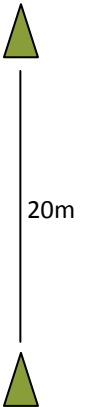
2 bag burpees
(chest to bag, jump with bag above head)

Round 5 & 6 **Boxer (20s)**

10 fast uppercuts, 1 push-up
Repeat for 20s

Bag Holder (10s)

Lunge jumps, bag held above head
4, 6 or 8 depending on fitness level



Cool Down / Stretches



Chest/Shoulders



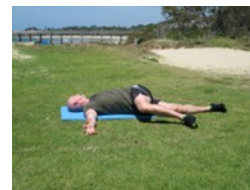
Neck



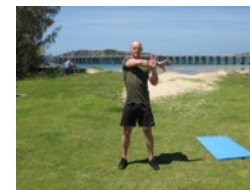
Biceps



Triceps



Lower Back



Shoulders



BIG CIRCLE CIRCUIT

Category: Circuit

Here's a twist on the plain old circuit format –space out the stations round a large sports field or perhaps along a short, circular forest trail.

Divide the group into teams of 2 or 3 people of similar fitness levels and instruct them to stick together and spot each other for technique at each station.

The PTI should spend several minutes at each station instructing each group in good technique for that particular exercise and making sure that they can help each other by correcting poor form and with spotting etc.

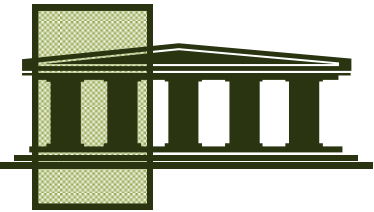
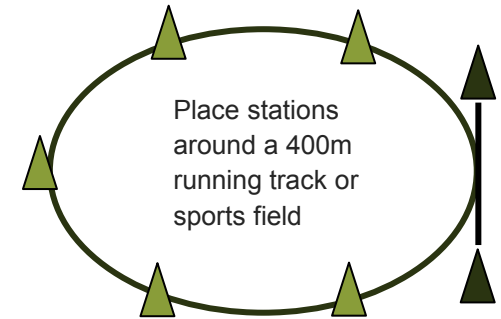
You might find it useful to label the stations with laminated cards, chalk powder or temporary grass marking spray. Scale the workout by assigning reps for each station as follows (see below for reps at station 6):

Beginner: 10 reps Intermediate: 15 reps Advanced: 20 reps

Main Segment : 30-35 minutes

Stations

1. Kettlebell or Dumbbell Swings
2. Med ball slam-down
3. Push-ups
4. [Hollow Rocks](#)
5. [Power Jacks](#)
6. Sprint between cones placed 20m apart (Beg: 3x , Int: 5x, Adv: 7x)
7. [Roll-ups](#) / wide-knee sit-ups for beginners
8. [Medball Thrusters](#) (with jump for int/adv)
9. [Hip Heists](#)
10. Single leg hops (half no. of reps on each leg - use full range)



Cool Down / Stretches



ITB



Groin



Lower Back



Chest



Shoulders



Neck

LINE CIRCUIT #1

Category: Circuit

Set up lines of equipment as shown in the diagram, spaced about 10m apart. Participants will work their way up and down the line starting at (A).

Upon reaching (E), turn around and do a **suicide drill**. That is, starting at (E) run as fast as possible to point (D) turnaround then run back to (E). Then run to (C), turn, run back to (E) and so on until 4 sprints have been completed in succession. Work your way back from (E) to (A) stopping at each station to do a set of different exercises. Once back at (A), run a 400m lap before starting the circuit again.

Use the chart below to see which exercise to perform at each station. Participants can choose from a variety of different size dumbbells at (C). They all do the same amount of reps at each station. Depending on how large the group is, you may need more lines of equipment. Assign groups of 3-4 people at each station at the start so that everyone is spread out.

Main Segment : as many rounds as possible in 30 mins

(A) →	(B) →	(C) →	(D) →	(E) →
<u>Pistols</u> (5L leg, 5R leg)	<u>Reverse Ab Curls</u> x20	DB Shoulder Press x20	<u>Leap frogs</u> to (E)	Push-ups x20

↑ Run 400m

↓ Suicide Drill

(A) ←	(B) ←	(C) ←	(D) ←	(E) ←
<u>burpees</u> x10 modify as per video	Wide-knee sit-ups x20	DB Lunge + Calf raise x10 each leg	<u>Bear Crawl</u> from (E)	Partner Towel Pulls : x20 face-high pulls



Cool Down / Stretches



Quads



Hamstring



Glutes



Calf



Chest



Shoulders

LINE CIRCUIT #2

Category: Circuit

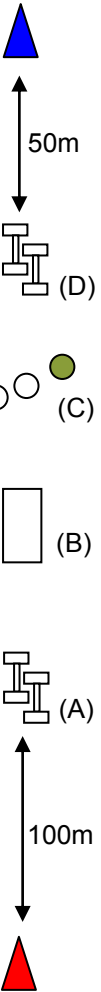
Set up lines of equipment as shown in the diagram, spaced about 5m apart. Place varying weights of dumbbells and medicine balls at the stations and scale the weight according to individual fitness levels.

This time, there are 2 exercises to do at each station with a short run at each end of the line. Participants work their way up and down the line six times, increasing the reps on exercise 1 and decreasing the reps on exercise 2.

Round	Ex 1.	Ex. 2
1. Up	20reps	10reps
2. Down	18reps	12reps
3. Up	16reps	14reps
4. Down	14reps	16reps
5. Up	12reps	18reps
6. Down	10reps	20reps

6 rounds = a total workout time of 30mins

(A) →	(B) →	(C) →	(D) →
Ex1. Renegade Rows Ex2. Deadlifts	Ex1. Power Jacks Ex2. Hollow Rocks	Ex1. Slam-downs Ex2. Medball ½ burpees	Ex1. Squats Ex2. Upright Rows
↑ Run around red cone			Run around blue cone ↓
(A) ←	(B) ←	(C) ←	(D) ←
Ex1. Renegade Rows Ex2. Deadlifts	Ex1. Power Jacks Ex2. Hollow Rocks	Ex1. Slam-downs Ex2. Medball ½ burpees	Ex1. Squats Ex2. Upright Rows



Cool Down / Stretches



Quads



Hamstring



Glutes



Calf



Chest



Shoulders

STAR CIRCUIT #1

Category: Circuit

This slightly unusual configuration for a circuit provides the opportunity to work on agility between stations.

Set up cones or station markers in a star shape approximately 25m apart. Vary the distance of the outer cones from the centre by up to 5m so they are all different distances from the centre. Start the circuit with 2 or 3 people on each of the outer stations. For large groups set up 2 sets of cones.

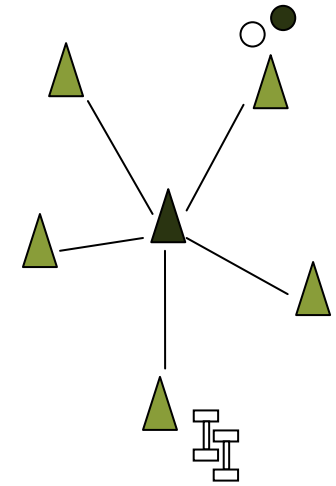
Start by having the participants complete a few 'agility loops' by running from their start cone to the centre and back out to the next cone in a clockwise direction. Focus on accelerating and decelerating between the cones. Turning at varying distances will develop the motor skills useful in most team sports. Alternate the direction of travel every minute and allow the drill to run for about 5 or 6 minutes.

For the main segment of the workout, include a set of exercises at each station before moving to the station as per above. Fitter participants could do a burpee at the centre cone to increase the intensity.

Beginners: 10 reps
touch the centre cone

Intermediate: 12 reps
1 x pushup at centre cone

Advanced: 15 reps
1 x burpee at centre cone



Station 1

Roll-ups

Station 2 (med ball)

Thruster
+ slam down

Station 3

Grasshopper
Pushups

Station 4 (dumbbells)

Renegade Rows

Station 5

Lunge jumps

Roll-ups

This turns a sit-up into a blood shunting exercise.

Use momentum and ab strength to roll up from a supine position to standing up straight.

Cool Down / Stretches



Quads



Glutes



Hamstring



Hip flexors



Chest/Shoulders



Triceps

STAR CIRCUIT #2

Category: Circuit

Set up the stations as per **Star Circuit #1**.

Round 1 – Agility Loop – 10mins

Start by having the participants complete a few 'agility loops' by running from their start cone to the centre and back out to the next cone in a clockwise direction. Focus on accelerating and decelerating between the cones. Change direction from clock-wise to anti-clockwise every 2 or 3 minutes and introduce exercises at the stations as follows:

- Blue cones - execute 1 squat
- Red cones - execute 1 push-up
- White cone - execute 1 squat + 1 push-up

As the round progresses, increase the intensity by adding an extra rep at each cone.

Round 2 – Main Segment – 15 or 20mins

In pairs – partner A runs right around outside of the star while partner B does as many repetitions of the exercise assigned to that station as they can while their partner runs. Once both partners have completed a set each, they move on to the next station. Change direction of travel every 5 minutes.

Station 1

Back Extension

Station 2

Siamese Squat

Station 3

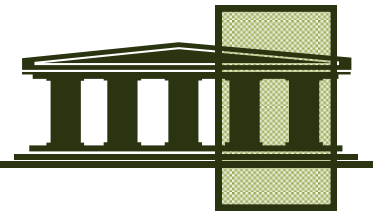
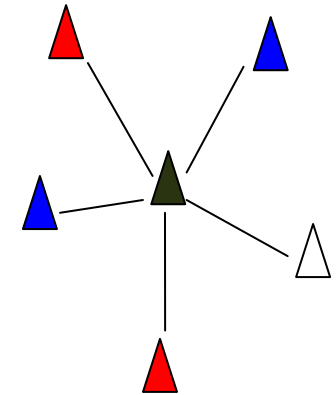
Glute Bridge 'Marches'

Station 4

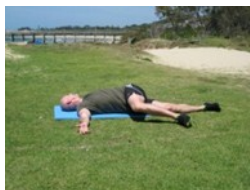
Hip Heists

Station 5

Pistols (alt. legs)



Cool Down / Stretches



Lower Back



Groin



ITB



Hip flexors



Glutes



Hamstring

NEXT STEPS

Get in touch!

I hope this e-book has inspired you with new ideas and that it more than pays for itself in terms of the value it brings to your business. I continue to invest the proceeds of this project back in to my own education in order to seek out new training ideas and to become a better educator, coach and trainer.

Creating this manual was a 'labour of love' for nearly 18 months. It has given me the opportunity to expand my knowledge and during the process of creating it, I have met some wonderfully inspiring people.

But it doesn't end there.

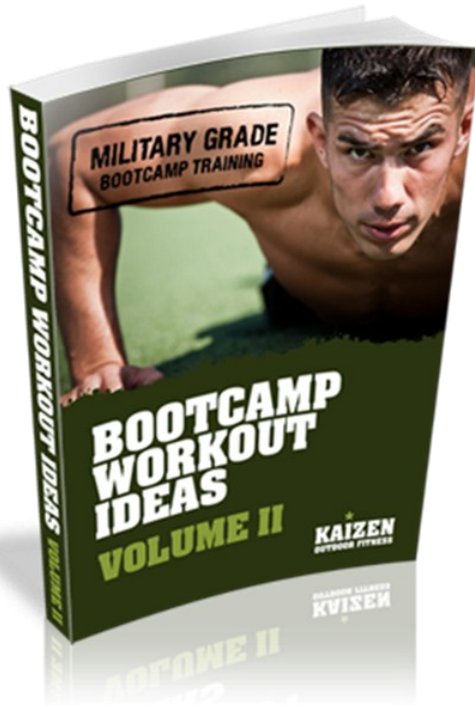
Now I really want to hear from you!

Please send me an email and share your own ideas, thoughts and philosophies on group outdoor training.



garry@kaizen-fitness.com

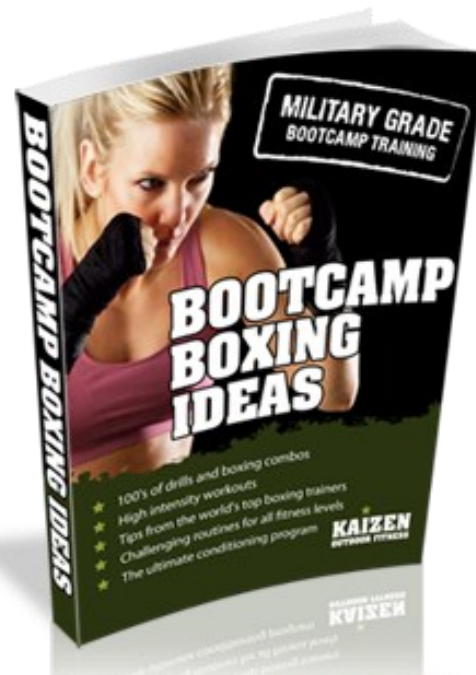
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OUTDOOR FITNESS

AUTHOR BIO

Garry Robinson is a fitness coach from Northumberland, England.

As a lifelong student of human movement and motivation, he combines this knowledge with his love of the great outdoors to help individuals achieve optimal levels of health and vitality.

He now lives in Australia, where he has developed his own unique brand of group outdoor fitness. He is an advocate of outdoor exercise and continues to research ways to make physical fitness appealing and accessible to an increasingly sedentary society.

Garry holds the following qualifications and certifications:

Level 2 Registered Personal Trainer - Fitness Australia

Level 1 Crossfit Trainer

MTT Bootcamp Instructor

Punchfit Trainer & Punchfit Punch Pad Instructor

BASI Snowboard Instructor

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