What is Bootcamp?

It ain’t no Band Camp!!

IT IS...
A Fitness Program...

That contains high intensity RT and CV training

&

Involves a VARIETY of exercises for an entire body workout
A Fitness Program...

That is very EFFICIENT
(get quick results in a short amount of time)

That is FUN and SOCIAL in a group atmosphere
Before You Begin...

• RESOURCES

• Find the right people

• Find the right place

• Find the right props
Becoming Certified...

Specialty Leader

- Ex Theory Course & Exam
- Specialty Course & Exam
- Practical Observation
- CPR
- Recert Process
Becoming Certified...

Certified Personal Trainer

• 2 year NAIT course
• CPR
• CPT national exam
• Recert process
Before You Begin...

• **RISK MANAGEMENT**

• PAR-Q  Physical Activity Readiness Questionnaire

• Safety of Equipment/Environment

• First Aid Kit & Cellphone
Before You Begin...

• REALITY CHECK
  • Set the budget
  • Set the tone of the session and class
  • Set the expectations
Why Warm-up?

- Prepare the body for the workout
- Raise body temperature
- Move your joints
- Increase the heart rate
Warm-up Activities...

• Rope Skipping
• Running
• Boxercise
• Locomotor Movements
• Mimicking the Exercise in the workout
Workout Ideas...

- H. I. I. T.
  (High – Intensity – Interval – Training)
- Obstacle Course
- Circuit Training
- Relays
- Core Training
Workout Activities...

Squats  Football - fast feet  Jacks
Sprints  Lunge Jumps  Skipping
Boxing  Burpees  Push-ups
Sit ups  Mtn Climbers  Planks
Thrusts  Controlled Falls  Jumps
Warm-down...

- Return your body to homeostasis
- Slow jogging/walking and locomotor movements
- Static stretches
Program Development

- Set your goal
- Develop your lesson plan
- Ensure a safe and balanced program
Tabata Workout

- Squats
- Push-up
- Mountain Climbers
- Tire Flips
- Controlled Falls

20 sec work: 10 sec rest
8x for each exercise
Tap Out Workout

- Squat & Press
- Mountain Climbers
- Power Squat & High Pulls
- Tire Flips
- Burpees

3 Rounds @ 1 min each exercise
100 Workout

• 10 Burpees
• 10 Sit-ups
• 10 Push-ups
• 10 Squats
• 10 Rows
• 1 Set of Stairs or 1 Hill or 1 Lap

REPEAT 10x
5-10-15-20 Workout

• 5 Pull-ups
• 10 Push-ups
• 15 Sit-ups
• 20 Squats
• Run to get a penny & bring it back

How many pennies in 20 min?
Caveman Workout

Circuit Stations include:
1. Power Squat
2. Clock Push-ups
2. Mountain Climbers
4. Sledgehammer
5. Lunge Jumps
6. Plank Row
7. Burpees
8. Tire Carry

30 sec @ each station with sprint around pylons after each station

REPEAT the circuit 3X
Partner Workout

- Turkish get-up
- Push-up in Motion
- Overhead Squats
- Row and Press
- Burpees

1 partner does an exercise 15x; other partner is running a lap or doing stairs

Repeat 3x
Push-Pull Workout

- Tire Pulls
- Burpees
- Pull-ups with rope
- Push-up
- Toss & Chase

At first station do 20 seconds work and 10 seconds rest X 8; then change stations
Obstacle Course Workout

Station 1:
- Burpee; Quick agility to zig zag Frisbees; Monkey Crawl; Jump through tires;
- Controlled falls
- Run backward to beginning and REPEAT

Station 2:
- Burpee; Jump over Frisbees; Leopard crawl to pylon; Jump over hockey sticks on pylons; Controlled fall;
- Shuffle back to the beginning and REPEAT

Station 3:
- Burpee; Jump through each semi tire; Baby Crawl; Run around tires; Controlled fall;
- Sprint back to the beginning and REPEAT

Each station 2 min then go to next station then H2O break
REPEAT 3x
Pyramid Workout

- Squat & Press
- Push-up
- Rows
- Bicep Curls
- Triceps Dips

“A” does all exercises 5x; “B” does any core exercise; “C” does cardio;

Rotate through station then do exercises 6x; then 7x; 8,9,10,9,8,7,6,5
Tap Out 2 Workout

• Burpees
• Plyo Jumps
• Mountain Climbers
• Wall Ball
• Controlled Falls
• Rest

3 Rounds @ 1 min each exercise
Bootcamp – In Action!
Questions??

Tammy Buchanan

- BSPE
- Certified Exercise Physiologist - CSEP
- AFLCA Trainer of Leaders – Fitness Unit
- Certified Strength & Conditioning Specialist – NSCA
- Certified Personal Trainer – NSCA
Bootcamp - Inuvik