



**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

# BOOTCAMP WORKOUT IDEAS FOR PERSONAL TRAINERS

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Published: 2011,2013,2014

Publisher: Kaizen Outdoor Fitness

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# CONTENTS

3 MONTH TRAINING PROGRAM

TEN BOOTCAMP WARMUP IDEAS

THIRTEEN RUNNING-BASED WORKOUTS

ELEVEN HIGH INTENSITY TRAINING (H.I.T.) SESSIONS

NINE WORKOUTS THAT INVOLVE TEAMWORK

SIX STRENGTH SESSIONS

SIX BOXING WORKOUTS

FIVE CIRCUITS WITH A DIFFERENCE




**Dear Friend,**

Thankyou and congratulations on downloading this e-manual of **BOOTCAMP WORKOUT IDEAS!**

I say congratulations because you have just made a seriously good investment in both yourself and your fitness business. The workouts in this book have been very carefully prepared and *tested on real groups of clients*. Over the years, I have invested thousands of dollars to learn just what makes a successful boot camp business. I did this because I already knew what didn't work in my own business - and maybe you are reading this now because you are in the same position as I was back then when I started out? Or maybe you already have a good bootcamp business and you want to inject it with some original ideas to turn it into a great boot camp business? Either way, I think you will appreciate the information presented here.

You probably already know by now that retaining clients is absolutely fundamental to building a solid and profitable business. You may also have learned that providing fun and variety in your training is the single best way of retaining clients. Not only that, but satisfied clients love to tell their friends and family how awesome they feel after their workouts – so much so that they bring them along too. When you get it right, your clients become your best sales people!

So please believe me when I say that the difference between a great outdoor training business and an average one comes down to the quality of the workouts that you deliver and the way that you deliver them. If you are already a qualified personal trainer, then you know how important it is to include the right balance of relevant exercises, and to ensure that the workouts themselves form part of a program that continually gets results for your clients. Thought must be put into appropriate exercise selection - and that takes time. Throwing a bunch of random exercises together into a set of prescribed 'formats' or worse, using the same format every time with different exercises will eventually lead to clients becoming bored and dissatisfied – and that is not good for business.



That is why this is presented as a complete program of *workouts*, not workout formats. Some of the workouts have 2 or 3 variations on the same theme but they are still *different workouts*. They have been designed around exercises, not the other way round. It is organised into 6 categories because that helps me to plan my programs. It is a fact that constantly varying the exercise stimulus is the best way to avoid training plateaus so in many ways, the program could be considered just as important as the workouts themselves. (By the way, there is a 3 month program included).

You will find running-based workouts - running is the king of outdoor exercise - and some high intensity sessions too. Some workouts are there purely to develop strength, some are centred on teamwork and there are also some original twists on the old bootcamp circuit format for you to try. If you haven't yet used boxing in your outdoor sessions, then there are some great boxing workouts incorporated that will help you to introduce that modality into your training programs.

Remember, these workouts didn't come together by accident. They are the product of many dollars worth of investment in my own education and many, many hours of trial and error in the field.

Thanks again on behalf of all your current and future bootcamp clients - for investing in yourself and becoming a truly exceptional outdoor PTI.

To your success!



Garry Robinson  
Kaizen Outdoor Fitness

[www.kaizenoutdoorfitness.com](http://www.kaizenoutdoorfitness.com)



**KAIZEN**  
OUTDOOR FITNESS

# 3 MONTH TRAINING PROGRAM

WEEK	DAY 1	DAY 2	DAY 3	DAY 4
1	H.I.T. <b>BENCHMARK</b> *DEATH BY BOOTCAMP #2	RUNNING <b>BENCHMARK</b> **SPRINTING #1	TEAMWORK CHALLENGE #1	STRENGTH LADDER #1
2	BOXING BOXING #1	H.I.T. BOOTCAMP BASEBALL #1	RUNNING INCLINES #1	CIRCUIT LINE CIRCUIT #1
3	STRENGTH AMRAP #1	TEAMWORK CHIPPER #2	H.I.T. CARDIO ROUNDS #2	RUNNING RELAY #1
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 <b>BENCHMARK</b> **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. <b>BENCHMARK</b> *DEATH BY BOOTCAMP #2	RUNNING SPRINTING #3



# **BOOTCAMP WARMUP GAMES**

# 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.



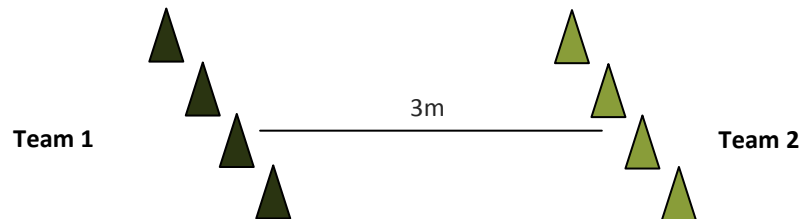
# TEN BOOTCAMP WARMUP IDEAS

## 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.

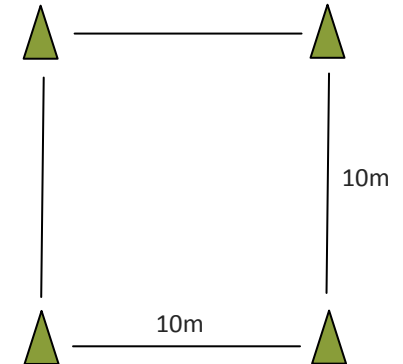
In pairs, hold your left ear and try to gently tap your opponent on the shoulder with your right hand without being tapped by them. Repeat with right hand on right ear and tap with left hand. Move from shoulder taps to knee taps.

# 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.

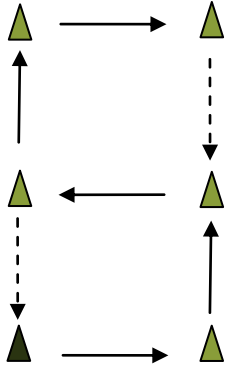
The first and second people back will act as team captains and are responsible for introducing themselves to their team, finding out every team members name and making introductions between other team members. For fun, ask each team to come up with a team name so that you can use it to provide a running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

# 50 BOOTCAMP WORKOUTS

# 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



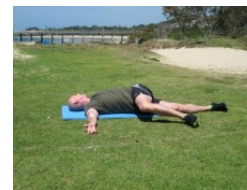
Calf



Chest



Triceps



Lower Back

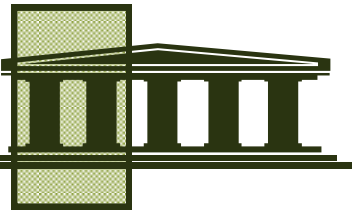
# CROSSOVER #1

## 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*

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