

# BOOT CAMP WORKOUT #3

## POWER

Tired of your usual gym routine? Us too. So we talked to Stacy Berman, certified trainer and head of Stacy's Boot Camp in New York City. The result? A six-week workout plan that will whip you into shape—guaranteed!

### Week 1

5-minute warm-up jog or jump rope

#### CIRCUIT 1

25 Squats  
15 Pushups  
50 Jumping Jacks  
*Repeat three times.*

#### CIRCUIT 2

10-15 Squat Thrusts  
10-15 Alternating Forward Lunges per leg  
20 Leg Lifts  
*Repeat three times.*

#### CIRCUIT 3

1-minute run or 1-minute jump rope  
1 minute plank position  
*Repeat three times.*

### Week 2

5-minute warm-up jog or jump rope

#### CIRCUIT 1

15 Pushups  
8 Turkish Get-ups per side  
15 Squat Thrusts  
10 Alternating Lunges on each leg  
*Repeat three times.*

#### CIRCUIT 2

10 Inchworms  
25 High knees on each leg  
50 Jumping Jacks  
*Repeat three times.*

#### CIRCUIT 3

20 Leg Lifts  
25 Russian Twists  
1-minute plank position  
*Repeat three times.*

### Week 3

5-minute warm-up jog or jump rope

#### CIRCUIT 1

25 Squats  
10 Squat Jumps  
10 Squat Thrusts with Pushup  
10 Side-to-side Lunges per leg  
10 Pushup Rows  
*Repeat two times.*

#### CIRCUIT 2

1-minute Squat Hold  
15 Inchworms  
10 Turkish Get-ups per side  
15 Alternating Lunges per leg  
*Repeat two times.*

#### CIRCUIT 3

Wind sprints: Run as fast as you can for 30 seconds to 1 minute. Then jog back to your starting point  
*Repeat this as many times as you can for 10 minutes.*

### Week 4

5-minute warm-up jog or jump rope

#### CIRCUIT 1

20-25 Split Jumps  
25 High Knees per leg  
15 Squat Thrusts with Pushup  
*Repeat five times.*

#### CIRCUIT 2

15 Side-to-side Lunges per leg  
20 Inchworms  
*Repeat two times.*

#### CIRCUIT 3

20 V-ups  
20 Situps  
*Repeat four times.*

### Week 5

5-minute warm-up jog or jump rope

#### CIRCUIT 1

10 Pushups  
30 seconds to 1-minute sprint, then jog back to starting position  
*Repeat 10 times.*

#### CIRCUIT 2

25 Squats  
20 Alternating Lunges per leg  
10 Pushup Rows  
15 Squat Jumps  
15 Turkish Get-ups per side  
*Repeat two or three times.*

#### CIRCUIT 3

20 Squat Thrusts  
25-50 Russian Twists  
*Repeat three or four times.*

### Week 6

5-minute warm-up jog or jump rope

#### CIRCUIT 1

Ladder: Judo Pushups & Split Jumps  
*Start at 10 reps per exercise and decrease one rep per set. So do 10 judo pushups and 10 split jumps, then do 9 of each, and so on.*

#### CIRCUIT 2

1-minute Squat Hold  
14-20 Spiderman Pushups  
*Repeat two times.*

#### CIRCUIT 3

20 seconds Squat Thrusts with a Pushup  
10-second rest  
*Repeat eight times for a total of four minutes.*

# Boot Camp Exercises Ideas

**Michal Rosen-Zvi**



## **Boot Camp Exercises Ideas:**

**How to Build Your Own Fitness Boot Camp** Jesse Stoddard, 2015-06-01 My personal step by step blueprint for building a profitable bootcamp from scratch in less than 90 days earning me over 300 an hour as a group fitness instructor Praise It is a pleasure to be on The Fitness Boot Camp Inner Circle Podcast with Jesse every week He brings a lot to the show and contributes even more to our Boot Camp Inner Circle coaching clients He truly is a master at building fitness businesses that help fitness professionals gym owners and trainers to find freedom Georgette Pann BS CPT CSN Author of Sure Victory Boot Camps How To Build Your Own Fitness Boot Camp is yet another example of Jesse s willingness to pay forward In a profession where being able to leverage your time to help many instead of few is critical to career success this book is the blue print to allowing other fitness professionals like myself the opportunity to achieve this Dave Schmitz PT CSCS PES Resistance Band Training Methods of Group Exercise Instruction Mary M. Yoke, Carol K. Armbruster, 2019-06-03 In the constantly evolving world of fitness and exercise it is challenging to become and remain an effective group exercise instructor Methods of Group Exercise Instruction Fourth Edition With Online Video offers expert guidance in a variety of group exercise formats so current and aspiring instructors can hone their skills and create demand for their services The authors who have dozens of years of experience thoroughly explain group exercise training principles correction and progression techniques and safety tips They also have taught this course within a university setting This research based text will enhance the skills of group exercise leaders and prepare them to lead more dynamic safe and effective classes for clients of differing ages abilities and interests Methods of Group Exercise Instruction Fourth Edition goes beyond theory to help fitness instructors and managers understand the why behind class and program design the proper way to cue participants and the variety of modalities they can use in their teaching Revised and reorganized based on current industry best practices this edition includes the following Over 100 minutes of online video demonstrating warm ups routines drills and 15 new class formats A new chapter dedicated specifically to instructing older adults New coverage of high intensity interval training HIIT Two additional sample class plans for featured group exercise formats The text also features a number of additional learning aids to help readers retain and apply the content Pro Tips offer insights and expertise from industry veterans boxes and sidebars highlight important topics research findings and technique and safety checks practice drills offer opportunities to apply the information and evaluation forms are provided to self assess teaching success Methods of Group Exercise Instruction Fourth Edition will prepare any group fitness instructor for a successful career Students will gain a strong foundation to earn their group fitness certification and veteran instructors will be able to refine their skills to increase their marketability and success **Methods of Group Exercise Instruction** Carol K. Armbruster, Mary M. Yoke, 2014-01-30 Formats modalities and trends in group exercise are constantly evolving Methods of Group Exercise Instruction Third Edition With Online Video explores the most common group exercise modalities enhancing readers marketability by giving them the

skills to lead dynamic safe and effective classes This text highlights the commonalities of a variety of group exercise formats through training principles correction and progression techniques and safety tips to enhance the skills of both group exercise leaders and program directors Methods of Group Exercise Instruction Third Edition moves from theory to practice in a logical progression Rather than simply providing routines this book helps instructors develop the core skills needed for creating routines use proper cueing and adapt their teaching to new modalities Teaching techniques convey appropriate training for each muscle group and methods for warm up cardiorespiratory training muscular conditioning neuromotor training and flexibility In addition starter routines modification strategies and instructor assessment criteria are presented for seven class formats kickboxing step training stationary indoor cycling sport conditioning and boot camp water exercise yoga and mat based Pilates The text also touches on alternative modalities including dance based classes fusion and mind body training Thoroughly revised and reorganized based on industry standards the third edition of Methods of Group Exercise Instruction offers expanded content to help readers become better instructors Updates to the third edition include the following Online video totaling over 100 minutes demonstrates key content in the text New chapters cover social aspects of group exercise coaching based instructional models and neuromotor and functional training Callout boxes highlight important topics research findings technique and safety checks and practice drills which facilitate quick learning Short assignments at the close of each chapter encourage readers to look beyond the text to gain practical experience Evaluation forms and evaluation key points allow instructors to gauge their teaching success and adapt the key criteria of a successful class to each exercise modality The three part structure of this book is retained from the previous edition but the content is reorganized to better reflect industry standards and guidelines Part I provides a general overview of group exercise the evolution and advantages of group exercise the strategies for creating group cohesion in a class the core concepts in class design and the use of music choreography and cueing methods in designing and leading a class Part II offers guidelines for leading the four major segments of a group exercise class warm up cardiorespiratory training muscular conditioning and exibility training and includes a new chapter on neuromotor and functional training These basic concepts pertain to all modalities covered in part III which focuses on practical teaching skills Basic moves choreography and training systems are covered for each type of class Sample routines and class formats for each modality offer a confident starting point for novice instructors and fresh material for veterans The final chapter discusses customized or hybrid classes such as lifestyle physical activity based classes equipment based cardio classes and mind and body classes When used as a course text Methods of Group Exercise Instruction Third Edition includes instructor ancillaries which offer suggestions for effective use of the book and online video lesson plan outlines a sample week by week syllabus lab activities and test questions The third edition also features a newly added image bank containing all the figures and photos from the text to use in presentations The Complete Guide to Outdoor Workouts Matt Lawrence,2014-08-07 The Complete Guide series is designed for the fitness

professional coach fitness enthusiast and student packed with ready made training programmes tips and strategies Outdoor exercise is not only a cheaper alternative to the gym but it also offers immense scope and variety in terms of the activities you can do Within the tried and trusted Complete Guides format comes this definitive guide focusing on functional training exercises in the great outdoors Covering physiology and core training principles as a starting point this book includes different workouts for different environments park beach back garden and covers the use of a variety of popular equipment from ViPRs to kettlebells Packed with colour photography clearly illustrated exercises and the latest training programmes tailored to different outdoor pursuits The Complete Guide to Outdoor Workouts is the ultimate how to guide for any fitness enthusiast who wants to get out there and make the most of the outdoors *Perfect Body Boot Camp* Jeremy Barnett,2005

**The Athlete's Book of Home Remedies (Enhanced Edition)** Jordan Metzl,Mike Zimmerman,2012-03-29 ENHANCED EDITION INCLUDES OVER 48 MINUTES OF VIDEO Identify treat and most important prevent common debilitating sports injuries and medical conditions Whether you re a hardcore competitor or a weekend warrior this book belongs on your shelf The Athletes Book of Home Remedies is your go to resource for safe effective do it yourself treatments whether you have a strain sprain or pain that you ve never felt before When you get hurt you have fears You have questions Ice or heat Should I see a doctor Will I need surgery This book answers those questions and allays those fears Dr Jordan Metzl one of the nation s leading sports medicine physicians breaks down all the information into easy to follow strategies for effective self treatment while letting you know in no uncertain terms when you should go see your own doctor pronto The book also answers other common training questions like What should I eat to fuel my workouts and What exercises can I do to prevent injury and perform at the next level Understand Metzl isn t just a doctor He s an elite athlete having completed 9 Ironman triathlons and 29 marathons He understands the mind of the athlete how psychologically devastating any injury can be and what it takes to get you back in your game as quickly and safely as possible In The Athlete s Book of Home Remedies you ll find Eye popping anatomical illustrations of each injury detailed symptoms how the injury happens and how to fix it The secret system of the body that you can tap to boost performance and prevent injury Concussions What you need to know The most annoying sports maladies ever from athlete s foot to side stitches cured The Iron Strength Workouts Intense total body exercise routines for all fitness levels designed to build injury proof athletes Two comprehensive eating plans each with a week s worth of meals engineered to fit the specific nutrition needs for endurance training or strength training Dozens of sneaky tips for gaining an edge in any sport **Bootcamp in Miracles** Monnica Garcia,2018-10-06 A Boot Camp is a type of training that has physical mental and emotional elements to build strength and endurance that with time gets to be performed with ease A lean and healthy body comes from a persistent discipline and a systematic lifestyle Likewise life comes with bouts of challenges designed to make us heal mentally and spiritually Life is a school and a correctional facility where once we are mentally and spiritually conditioned all the trials become opportunities to transmute our obscure and fearful experiences into

love and miracles Bootcamp in Miracles the author shares valuable elements for a spiritual mind training mostly based on the principals of the A Course in Miracles ACIM In a simple language the first part of the book brings psychology neuroscience and Quantum Physics basics to make the theoretical part of non dualistic mystical teachings more down to earth reasonable and understandable A good example is the common fundamental concept of the ACIM Buddhism and Vedanta that life is an illusion when we all feel it so real and solid Part two is a recollection of personal experiences where the author put the teachings into practice and the lessons into perspective as by the end of the day miracles are a change in perspective This book shares how these elements can merge the gap between a conceptual understanding to a more practical and engaging spiritual path Theology and words alone cannot make one experience the complexity of our Divine nature Transmuting our mental ego junk is the only workout that will make us awake and happy it is the only discipline that will make us conscious of how perfect we really are

*Kettlebell Workouts and Challenges V1.0* Taco Fleur, 2018-03-16 This book is targetted to at home kettlebell enthusiasts MMA and BJJ fighters and crossfitters that use their open box time for kettlebell WODs This book is even for budding trainers that want to know more about the Caveman training programs and learn the basics on how to run them programs on how to run them 40 serious kettlebell workouts 4 kettlebell challenges many are paired with very detailed videos Beginners to advanced workouts How to score AMRAP workouts Finer details on many of the exercises Quality emphasis on warming up and mobility Full details of the popular Thorax Workout included in this book Additional ideas on how to make your WODs even more popular and exciting Additional little tips and information for personal trainers Each workout is 100% kettlebells mixed with bodyweight or mixed with other equipment Some workouts will have alternatives or progressions alternatives or progressions These are not shoddy quick workouts put together for a book I ve performed each and every workout listed in this book and so have hundreds of others Taco Fleur This book is called Kettlebell Workouts and Challenges 1 0 obviously this book is then about the workouts and challenges hence I will be linking to a lot of external information rather than turning this into a book about kettlebell exercises and or technique I I already have several books on those This is not to say that this book does not contain technique or exercise information but it is kept to a minimum illustrated with many photos while linking to more online info The title is prefixed with 1 0 as we will be putting out plenty of more books with new workouts BONUS 1 Information for trainers on how to run your own Caveman Circuit and Boot Camp 2 Downloadable workout PDF that can be downloaded printed and taken to the gym 3 Downloadable kettlebell grip PDF that will improve your kettlebell training instantly 4 Downloadable PDF that will improve your racking for resting and endurance 5 Free kettlebell workouts mobile app for the Android

**Business and Professional Communication** Kelly M. Quintanilla, Shawn T. Wahl, 2019-01-02 Recipient of the 2020 Textbook Excellence Award from the Textbook Academic Authors Association TAA Business and Professional Communication provides students with the knowledge and skills they need to move from interview candidate to team member to leader Accessible coverage of new communication technology and

social media prepares students to communicate effectively in real world settings With an emphasis on building skills for business writing and professional presentations this text empowers students to successfully handle important work related activities including job interviewing working in team strategically utilizing visual aids and providing feedback to supervisors

**21 Days to a Big Idea!** Bryan Mattimore, 2015-11-17 From Bryan Mattimore innovation guru to Fortune 500 companies comes a book for aspiring entrepreneurs corporate intrapreneurs and anyone else looking to break the mold Bryan Mattimore is a big idea guy For the past twenty five years he has helped Fortune 500 companies create over 3 billion in new innovations using his unique creative thinking exercises In 21 DAYS TO A BIG IDEA CREATING BREAKTHROUGH BUSINESS CONCEPTS Mattimore takes readers through a disciplined creative process to create original and practical new business concepts By investing less than an hour a day for twenty one days you will 1 learn a new toolkit of creative thinking strategies and problem solving techniques that can be used for solving a wide variety of both personal and professional challenges and 2 generate more than a dozen new concepts from which to choose the highest potential winning idea for a new start up Entertaining and easy to follow 21 DAYS TO A BIG IDEA is a must read for all aspiring entrepreneurs helping you to discover and implement your first or your next biggest idea Greatness starts with an idea but the chasm between ideas and truly great ideas is vast This terrific approachable book provides a simple and straightforward method for bending and torturing almost any idea until it succumbs to greatness Bob Dorf co author of THE START UP S OWNER S MANUAL

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