



fitstyler

Boot Camp exercise program

Some suggestions to create your own Boot Camp workout. Ideally this program is performed 2-3 times per week.

Remember when undertaking any form of rigorous exercise to first obtain medical clearance.

This is not to be used as a replacement for supervised exercise instruction

Equipment

6 water bottles, towel and plenty of enthusiasm.

Training Area

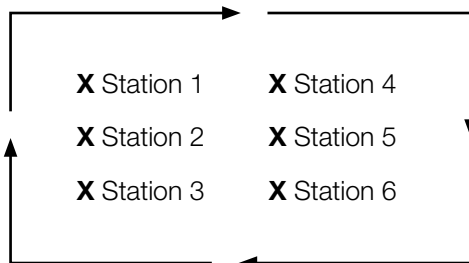
Open space, with trees & grass if available

Warm up: Approximately 5-10 minutes

- Find a row of trees and alternate the following movements between each, fast walk to slow jog. (can use water bottles 10m apart)
- Side shuffles leading with the left foot to the end (last tree) and fast walking/jogging back with high knees. Repeat leading with right foot.

Main body of exercise 20-25 minutes

1 Six station exercise rotation



Your 6 station work out will include the following exercises (use the water bottles to mark out each station).

- Station 1 60 step ups leading with either the left or right foot
- Station 2 Using the park bench/ low wall x 10-15 tricep bench dips
- Station 3 10- 20 x squats
- Station 4 10 - 20 x jumping to an imaginary point on the tree
- Station 5 Reverse crunches (moving knees away)
- Station 6 10 -30 push ups on hands, knees or wall

Between each station, run around the whole circuit 1 - 3 times and advance to the next station.

2 Plank/running drill

- Hold a plank/bridge 10-30 seconds, then immediately perform a side step (leading with right foot) to the other end of circuit, hold a plank/bridge 10-30 seconds, then immediately run back to the start.
- Repeat above exercise drill except this time leading with the left foot.
Repeat point a & b x 2 - 3 times

3 Walking lunges

Perform walking lunges to end and run back. Repeat twice. To increase the level of difficulty, perform 10 pulses with each leg

4. The hill

- At the base of a hill walking/jogging backwards up the hill to the top, walk back. REPEAT 4 times

5. Burpees & Crunch drill

- Perform 5 burpees followed by 30 reverse crunches. Repeat twice.

Stretching 10 minutes

a. Standing tricep

While standing, place your left hand on right shoulder, using your right hand, move your left elbow towards your back

b. Shoulders,

Straightened left arm moved across body so left arm rests below the chin, using your right arm, bend at the elbow and move your right arm across your chest

c. Chest

Stand perpendicular to a tree/wall, straighten your right arm bending at 90 degrees at the elbow. Looking over your left shoulder, turn away from the tree/wall

d. Quadricep/ thigh

Using a tree/wall for support, bend your knee while grabbing your heel and gently move your heel towards your butt, keeping the knees together at all times, look straight ahead.

e. Calf

getting into a lunge position, bend your front knee while keeping your rear heel on the ground

f. Hamstring

Place your right heel onto the ground while keeping your hips facing forward, keep your knee in neutral position.

g. Glut/butt

Laying on back while bending both knees, move your left heel over to your right knee, place both hands around your right knee and gently move towards the chest

h. Adductor/groin,

sitting on ground, soles together, interlace hands and place elbows on inner thighs, lean forward.

Please note this is only a suggested exercise plan and is based on you having a reasonable understanding of the listed exercises.

Failure to perform any of the aforementioned exercises correctly may lead to injury.

If at any point you experience any form of pain, please cease the exercise immediately.