

Indoor Boot Camp #1

Warm Up: 10 mins

Walking high knees
Fast high knees
Walking bum kicks
Fast bum kicks
Walking front ankle grabs
<http://bootcampideas.com/t/bootcamp-warm-up-drills/>
Walking lunge with twist
Defensive slides
Jumping jacks
Arm circles (small to big to small)
Jog grass circle + pavilion

Station 1: 9 minutes

Core/Cardio 45 on 15 off
Dead bug
Scissor kicks
Jump Squats
Supermans
Planks
Base side to side (fast)
Kneeling opposites
Hand touches in Plank
Frog jumps

WOD: 15 mins

10 or 15 - AMRAP
Single leg dead lifts w/dumbbells
Mountain climbers (count 1&, 2&)
Sumo high pull w/dumbbells
Burpees

Station 3: Upper 6 mins

30 secs each
Alternating shoulder press
Alternating bicep curl
Alternating front dumbbell raise
Alternating lateral dumbbell raise
2 arm rows
Rest 30 secs. Repeat

Indoor Boot Camp #2

Warm Up

Leg swings (loose) front2back & side2side
Deep lunges each leg
Lateral lunges
Inch worms to cobra
Arm circles forward/backward
Hip flexor stretches
Jog perimeter of BB court

Station 1 – HIIT cardio 8 mins

4 min running clock. The faster you finish, the longer your rest period. Approx 2 1/2 mins work, 1 1/2 mins rest.

70 wall touches
7 burpees
7 sprints (cones approx 20 yards apart. Run out and run back = 1)

Begin second set immediately at 4 mins.

Station 2: Mini-Tabatas 15 mins

20/10- 4 rounds (2 mins each exercise)

1. Push ups (fast)
2. Air squats (fast)
Rest 30 seconds
3. Bent over fly
4. Squat jumps (fast)
Rest 30 seconds
5. Fast bicycles
6. Hold bottom of push up (or half-way down)

WOD: 12-15 minutes, teams of 4

Run perimeter of basketball court
Rows
Bear crawls
Full extension sit ups

Indoor Boot Camp #3

Warm Up #2

- 5 Forward Lunge w/Twist
- 20 Toe Touches
- 10 Lateral lunges each side
- 5 AirPlanes each leg
- 5 Handwalks
- 10 4 Point Squats

Station 1: Core 12 mins 45 secs ea

- Heel Taps w/crunch
- Glute Bridge (4-2-1)
- Planks 15 secs into push ups 4-2-1
 - Static R. leg lunge w/row
- Sitting twists
- Peter Pan (hold for 10 sec)
- Negative push ups
 - Static L. leg lunge w/row
- Slow bicycles
- Toe touches (hold 5 secs)
- Pushups 2-2-1
 - Tricep kick backs
- Oblique reaches
- Reverse crunch
- Pillar bridge

WOD #1: 5 mins

AMRAP in 4 mins. 1 min rest.
8/10/12

- Bicep curls
- Star jumps
- Walking lunges (count each leg...1,2)

WOD #2: 5 mins

AMRAP in 4 mins. 1 min rest.
8/10/12

- Shoulder press
- Split lunge jumps
- Front squat

Station #2: 5-7 mins BB Court

- Line up on one end:
- Suicides 3x
- Walking lunges one full length
- Frog jumps half court

Station #3 Upper Body 2 min

- Standing Y, T, A, W, L 10 each

Indoor Boot Camp #4

Warm Up #3

<http://www.youtube.com/watch?v=wGLPUm-fRno>

Samson Stretch

10-15 Air squats

10-15 Sit ups

10-15 Supermans

10-15 Push ups

3 Circuits

Cardio Burst 4 mins

Low/Med/High Intensity 30/30/30

Squat kicks/jump&punch/def slides

Rest 30

Jump rope in place/Mummy kicks/frog jumps

Station #1:11 mins

Rest 10/15 secs after each cardio.

Cardio Set (30 sec)

Negative Push ups (90 sec)

Ankle Hugs (90 sec)

Cliff Climbers (30 sec)

Plank (90 sec)

Glute Bridges (90 sec)

Defensive Slides (30 sec)

Superman 60 sec/Swimming 30 sec

Reverse Crunch (90 sec)

Station 2: WOD 12-15 mins

30 or 20

Walking lunge w/bicep curl

Fast bicycles

Squat thrusters

Push ups

Repeat

Cardio Burst 5 mins

Low/Med/High Intensity 30/30/60

Palm punches/jump jacks/plyo jacks

Rest 30

Skiers/base side2side/log jump