

# BOOT CAMP - SAMPLE CLASSES:

## SAMPLE CLASS #1 (from Stephanie Cerami)

*This a little more of a "training" format but will hopefully give them a menu of sample exercises to pull from and I have included a sample class at the end. –Stephanie Cerami*

## BOOT CAMP MENU

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In traditional aerobics classes, specific movement patterns are learned and repeated with the entire class and instructor facing the same direction and moving together.

A boot camp or sports drills class offers an excellent opportunity for greater interaction among participants and between participants and the instructor, providing a unique social aspect and "team" atmosphere. In a Boot Camp class, make an effort to utilize the space of the room. Move around, face in different directions and develop a variety of movement patterns; make the class unique from other cardio formats!

When developing drills, consider these sport-specific movement patterns as well as the following motions and movement patterns:

- ❖ **RUNNING:** forward, diagonal, backpedal
- ❖ **LATERAL MOVEMENT:** shuffle, side squat, side lunge, lateral jump
- ❖ **JUMPING:** bounding, vertical jump, leaping, lateral jump
- ❖ **TORSO ROTATION:** twisting, as in motion of swinging
- ❖ **UPPER BODY:** ready to throw, catch, shoot, etc.

## EQUIPMENT & SET UP

Cones (or use stability balls on top of risers as markers if cones are not available)

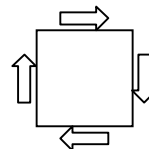
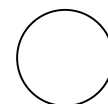
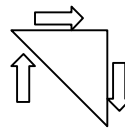
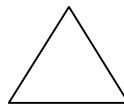
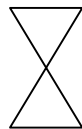
- Cone-to-cone: across room
- Figure 8
- Diagonal
- Square
- Triangle

Agility Ladder

Steps (set up in row)

Jump ropes

Medicine Balls



## DRILLS

**"PT" Circle** (participants face each other forming a circle)

- Warm up movements/calisthenics
- Shuffle (switch w/ whistle, clap)
- Jumping jacks
- Ski jumps, split jumps, tuck jumps, skate jumps, etc.
- Mountain climbers
- Arm circles

- Up-downs: squat down→jump to plank→jump forward→up
- Push Up
- Core work, crunches, flutter kicks, planks, etc.

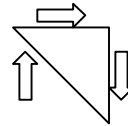
### **Sprint & Relay** (2 cones/markers set up across room)

- Sprint/Jog
- Shuffle
- Karaoke
- Backpedal
- High knees
- Butt kicks
- 1 leg hop up, other leg back

### **Combined footwork** (Cones/markers in shape of triangle, square, etc)

- Follow cones using run, shuffle, backpedal movements

Example: Diagonal run up  
Shuffle across  
Backpedal to start



### **Agility Runs**

- Figure 8
- Diagonal weave through cones
- Suicide runs

### **Jumps**

- Long jump
- Short/Broad jump
- Wall jump/vertical jump
- Lateral leaps ("ice skate")

### **Steps** (set up vertically in row)

- "Follow the leader": up-up-down-down, over, etc.
- Simultaneously
  - Straddle up/down & feet on fire
  - Step ups (high risers)
  - Squats & Lunges
  - Push-ups & Dips

### **Agility Ladder** (quick feet, stepping on hot coals)

- 1 foot steps in each space
- Both feet step in each space (in-in)
- Jumping jack: both feet in the space-jack outside the ladder
- Laterally: in-in, back-back
- Laterally: karaoke
- Laterally: jump both feet in, back
- Try high knees, backwards, etc.

### **Kickboxing** (any simple kickboxing combos)

#### **Jump rope**

- High knees
- 1 leg
- Doubles
- Ski
- Skip forward & back

### **Functional strength**

- Squats: moving laterally, side-to-side, squat to knee lift
- Lunges: “clock” changing directions, suicide walking lunges
- Push Ups
- Dips
- Planks

### **Medicine ball w/ partner**

- Chest passes
- Overhead passes (triceps overhead extension)
- Squat→pass
- Diagonal throws (hip to shoulder torso rotation)
- Sit up→Toss
- Repeat swings: squat taking ball hip to shoulder (performed alone)

### **Tubing w/ group**

- Form groups of 3-6 and make “flower” by interlocking tubing
  - Perform rows, high rows, bicep curls simultaneously
  - Everyone balance on 1 leg

### **Balance**

- Incorporate balance training using BOSU's or requiring participants to balance on 1 leg during toning/strength training exercises

### **NOTES:**

**WARM UP:** form a circle with all participants facing same direction

- Walk
- Jog (create 2 circle w/ walk and jog options for participants who do not want to or are unable to run)
- High knee skips
- Butt kicks
- Shuffle right and left (participants face in)
- Dynamic stretching

**CARDIO I:** form a circle with all participants facing in; 30 sec intervals

- Jumping jacks
- Split Jumps (cross-country ski)
- Slalom ski jumps (side to side)
- Up-downs (“Squat-thrusts”)

(repeat 2-3x, allow rest in between drills if participants need it)

**STRENGTH I:** still in circle with participants facing in

- Reverse lunge (lunge to balance with knee extension)
- Lateral squats—everyone moves to the right and then to the left
- Planks
- Push-Ups
- Crunches/ab work

**CARDIO II:** obstacle course

- Cones/balls set up for figure 8 weave
- Lateral shuffle to end of the room
- Vertical Jump at the wall (5 jumps)
- (approx 10 steps set up in a row) Up-up, down-down moving laterally across steps
- Run to “step strength” station
- Perform 10 push ups and 10 dips on the step

(continue obstacle course for desired number of rounds or time)

**STRENGTH II:** station circuit (tell participants when to switch)

- Step ups (step on high risers)
- Wall sits
- Lateral steps w/ figure 8 band
- 1 arm dumbbell row
- Bicep curls with bands
- Alternating front and lateral raises with dumbbells
- Hamstring bridges with stability ball
- Crunches on stability ball

**CARDIO III:** relays; set up markers for each “team” and divide participants

- Skip
- 1 leg hop (opposite leg going back)
- Karaoke/grapevine

- Lateral shuffle
- Crab walk

**STRENGTH III:** small groups and partners

Groups of 4, interlocking bands to make “flowers”

- Low rows
- High rows
- Face out—chest press
- Bicep curls

Groups of 2, with medicine balls

- Chest passes
- Overhead throws
- Hip-to-shoulder rotation throws
- Core rotations (back-to-back seated or standing, pass the ball to partner, reverse directions)
- Sit up-throw ball to standing partner

**FINAL**

- Final core work as a group (if extra time remaining)
- Flexibility, stretching, and relaxation

**HAVE FUN WITH THIS CLASS!** The instructor should not necessarily be “working out” the entire time. He/she should demonstrate and lead where appropriate and spend the remainder of the time walking around to encourage the group and monitor safety and alignment as a **coach** and **motivator**.

# BOOT CAMP - SAMPLE CLASSES:

## SAMPLE CLASS #2 (from Sable Woods)

There are a ton of things to do such as a cardio sculpt or a Step with some weight training. I tried to change the workouts as best I could. So what is listed here is only a portion of the different things I did this semester with my class. –Sable Woods

This is a sample bootcamp for my class

**Warm up** ( 7 min.. basic high low. ect)

### CARDIO:

"Step" intervals of cardio each about 1 minute ( mountain climbers, cardio lunges off sides of step, flat jacks( jacks in plank position) Heel digs, i-step, ect) All to get the heart rate up. (*This lasts for about 5 or 6 minutes*)

### Weights:

Lower body: (*This lasts about 10 min.*)

Lunges across floor with or without body bar

Side Squats across floor with or without short resistance band on ankles

Stationary lunges on step

Stationary squats such as Plie' squats (both toes pointed out toward each end of room). Option: Alternate dragging left and right foot in to add more resistance and work inner thigh.

**"Your'e at the Half way point! Let's take a water break" (But - also encourage participants to get water at their leisure as well.)**

### Stations:

I usually set about 6 stations of cardio around the room. These are called circuits. They can be whatever you want. Mine are typically like this & usually last 6 minutes

1. High knees across floor and back
2. jump rope
3. quick feet
4. shuffle down and jog back
5. mountain climbers
6. squats with jumps.

## **WEIGHTS: Upper body**

Equipment (body bar or free weights, long band)

I work the shoulder and pecs using the body bar or band & the biceps and triceps using the body bar and band as well. Usually lasts 7-8 minutes.

Also, push ups and tricep dips on the step are really sufficient in working those muscle groups. Use dumbbells on step when doing tricep dips – to keep wrists neutral.

## **ABS**

crunches, bicycle kicks, planks, etc. Remember: Give Safety Cues!!!!

## **Back**

alternating arm and leg while lying flat on back, "Swimmers" also while lying flat on back. Lifting of the upper body and switching placement of hands - for instance behind head, out to the side by each ear, over head ect.

\* BOTH SECTIONS LAST ABOUT 10 MINUTES OR 5 MINUTES EACH

## **Cool Down 5 minutes**

# BOOT CAMP - SAMPLE CLASSES:

## **SAMPLE CLASS #3 (from Katie Standefer)**

Boot Camp is a very fun class because it's flexible and allows for many different exercises and styles. I've found each instructor has more or less their own style when it comes to boot camp, so don't be afraid to make it your own! -Katie Standefer

## **Here is a sample of a typical Boot Camp class I ran last semester...**

- **Warm-Up**. For warm up sometimes I would do a traditional warm up starting out with hi-lo exercises and then go into dynamic stretches. Sometimes to change it up a bit, we would begin with a "follow the leader" type exercise where the instructor stays "the leader" the whole time and everyone follows and mimics what you do. This could include jogging, skipping, grapevine, side sha-se (spelling?), backpedal, etc. Just make it fun, use the room! If I did start out with the "follow the leader" warm up just make sure to spread out and go back to some dynamic stretching before moving on.
- **Stations/Circuits**- This is where the circuit style training comes in. For this there are countless possibilities. Some things I have done are...
  - jump rope
  - lunges across the floor (can hold weights or add glute squeeze to vary)
  - used the small orange cones and have participants jump over each one (there are 4) and sprint to the wall and come back
  - shuffle in a zig zag pattern through the cones and sprint to the wall
  - a station for abs (give them any ab exercise to do, you can also use stability balls for this)
  - a station for push ups
  - standard jumping jacks
  - up, down, out-ins (jump up, hands on floor, hop feet out to plank position, hop feet in, and repeat)
  - use figure 8 bands and have them do a "monster walk" across the floor (basically stay in a squat position keeping booty low taking wide steps to corners with fig 8 band around feet)
  - any combination of shuffle, high knees, quick feet, etc. across the floor
  - use step risers to create a "tire-run", make sure they are stepping on the outside of the risers, NOT inside the riser hole.
  - Place sets of 2 jump ropes in plus sign formation (+) and have them jump over the rope various ways side to side, front to back, diagonal, etc.

These are just some of the things I have done, but as you can see the options are pretty limitless. I usually start out with 2 minutes at each station, assuming there are 5 stations, then go to 1 minute for each on the next round, and 30 seconds for each on the last round, doing intervals between rounds.

## **Intervals between rounds**

Again this can be a number of different things. Some things I have done are short and simple kickboxing combos, sculpting (you can use free weights, body bars, bands, medballs), I never really did step intervals but I know some instructors do. The only thing I would caution about getting out a lot of equipment is that you are either going to have to put it completely away, or out of the way so it won't be in the way when you go back to your circuits. This can stop the flow of your class, so I tend to use minimal equipment or wait until the last interval to use much equipment. The main thing about this class is to budget your time and have fun!