

## Better than Best of Bootcamp

### Stations

1. Gliding prone diagonal slide and catch
2. Surfing
3. Burpee 4 corner – Wall burpees
4. Bob Sled
5. Get down and get up (grass drill/ gun drill)
6. Supine hip drivers stability ball
7. Gliding Swim medley
8. Sidelying rope swing - on stability ball / on bosu
9. Side to side slide -all variations
10. Wood chop - down . up. Quick

### Partner skills, drills, and games

1. Connected one leg hack squat
2. Alternated connected side lunges
3. Target Squat / High knee run
4. Toe Tag
5. Over head presses
6. High 5 Split Jump
7. Face to face bi-tri
8. One partner supine lying - lift and diagonal legs up and down. Partner squat when legs are at side and jump in center
9. Jump over plank x 4 and switch
10. Over under/ PU/ Tri / squat / leg press / supine PU / chest press
11. Back to back get up

12. Plank clap / V sit leg switch
13. Back to back Plank lifted leg - Dolphin
14. Back to Back Plank Right and left
15. Follow the leader ( plank, V, Side , stand)
16. One partner Planks while other holds legs and squats
17. Wall squats holding tubing for other partner who is jumping . running, leaping , ect
18. Rock paper scissors - Hand tag
19. Plank hand Tag
20. One person plank – other PU and jump over and repeat
21. Stability ball road runner - facing partner lunge holding S ball / plank facing partner with balls touching
22. BB lunge core challenge - side to side bball core push – V sit face to face passing ball
23. Hot potato
24. Add On
25. Gliding - Plank Pass through. lunge and trade. soccer.

### Team Games (with drawings)

1. 4 square 4 drill challenge 20-10
2. Clean up your backyard – all variations
3. Human line
4. Willie / Billie / Joe / Mo
5. POD tag – with towel
6. Squat line with ball pass
7. Toilet tag
8. Tunnel tag
9. 1-2 pass the Shoe
10. Supine sit ups feet connected – pass bballs at every sit up
11. Suicides with activity at each marker

12. Push up 4 corner with 4 people
13. Suicide plank walk with push ups at each marker
14. Simon Says - R/L / front / back

## Bench

1. PU
2. Tri
3. Step ups one leg only
4. Alternate step ups
5. V sits
6. PU to Tri
7. Front to back step ups
- 8.