

**Best of Boot Camp Workout  
Mindy Mylrea  
2013**

**Warm-up/ Acclimation - Troop formation, back to back getup - partner - group, Call out drills with bender ball, Circle Ball pass combos**

**Bootcamp Basics**

- 1. Pro Station Signs**
- 2. Transitions the matter**
- 3. Underlying Theme**
- 4. Changing partners**
- 5. Progressions and Regressions**

**Stations**

- 1. Plank traveling Stability ball**
- 2. 1 leg burpee / Push up / jump up / ¼ turn**
- 3. Traveling Gliding lunge**
- 4. Tri Limbo**
- 5. Stability ball partner road runner**
- 6. Gliding Swim Medley**
- 7. Bob Sled**
- 8. Side lying rope swing**
- 9. Inch worm**
- 10. Bosu knee to stand**

**Games**

- 1. Partner Play Standing**
  - a. Connected one leg hack squat**
  - b. Alternated connected side loaded lunges**
  - c. Side to Side connected squats**
  - d. Target squat /high knee run**
  - e. High 5 split Jump**
  - f. Face to Face bi -tri**
  
- 2. Partner Play Floor**
  - a. Jump over plank x 4 and switch**
  - b. Leg press / push ups**

- c. Squat / tricep dips
- d. Back to Back get up
- e. Face to face elbow plank clap x4 / full plank clap x 4
- f. V sit leg switch / back to back plank with lifted assisted leg

### 3. Team Play

- a. 4 square 4 drill challenge 20-10
- b. Clean up your backyard
- c. Human tunnel
- d. Human line - zig zag / jump over / crawl
- e. Wille / Billie / Joe / Mo - POD tag
- f. Squat line with ball pass - fartlik

### 4. HIIT

- a. 30-20-10
- b. Little (75-60)
- c. Fartlik
- d. 30-30
- e. Tabata (20-10)

Thanks so much for attending  
Mindy Mylrea  
Email [mindy@mindymylrea.com](mailto:mindy@mindymylrea.com)

Check out these DVDs for more Boot Camp ideas:  
Best of Boot Camp, Intensity OverLoad, Slammin' Sports Training,  
Sport Drills, Gilding Games, Workout, Best Games for fun and fitness