Better then Best of Boot Camp Workout
Mindy Mylrea
2014

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

Wild Whistle Warm-up
1 whistle - Jog / Run around room
2 whistles - Find partner, jog in place, and intro's
3 whistles - Jumping Jacks
4 whistles - Push ups

Stations
1. Wall squat / tethered partner
2. 1 leg burpee / Push up / jump up / ¼ turn
3. Traveling Gliding lunge with tuck in push up
4. Gliding prone diagonal foot to hand transfer
5. Stability ball partner road runner
6. Gliding Swim Medley
7. Bob Sled one way / runner into Bob Sled (hands on discs)
8. Back to back stability ball squat/stand - one leg lunge
9. Crab and bear (bender balls)
10. Rope swing get down and get up stability ball or Bosu
11. Stability ball plank / Bicycle

Games
1. Partner Play Standing
   a. Connected one leg hack squat
   b. Back to back squat with ball play
   c. Tubing row with jump face to face
   d. Alt and held lunges with ball figure 8 and toss
   e. Alt Jack - kick front / kick right and left
   f. Bob Weave and punch
g. High five split lunge
h. Target high knee run
i. Hot Potato with movement call outs from leader
j. Face to Face bi –tri 2 feet / one foot
k. Add on

2. Partner Play Floor
   a. Jump over plank x 4 and switch
   b. Sidelying leg swing through and clap
   c. Leg press / push ups
   d. Squat / tricep dips
   e. Back to Back get up
   f. Alt jump lunge with ball throw to partner V sit and twist and throw back
   g. Face to face elbow plank clap x4 / full plank clap x 4
   h. V sit leg switch / back to back plank with lifted assisted leg

3. Team Play
   a. 4 square sit up with BBall pass
   b. Figure 8 run relay
   c. Object tag
   d. Clean up your backyard
   e. Human chain relay
   f. Toilet Tag
   g. POD tag with pinnies or towel
   h. Squat line with ball roll between legs – fartlik

Thanks so much for attending
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Check out these DVDs for more Boot Camp ideas:
Better then Best of Boot Camp, Intensity OverLoad, Gilding Games, Workout, Best Games for fun and fitness