

Beyond Bootcamp *by Hedstrom Fitness*

I. Introduction

Using athletic drills worthy of the challenge, experience a bootcamp that is exhilarating, skill driven, and crazy creative. Take ordinary bootcamp workouts above and beyond by offering unique exercise stations, transitions that create an event, and partner/team drills that provide community and friendly competition. Although the theme is “bootcamp,” the crossover into sports training is applicable, adaptive and interchangeable. Beyond Bootcamp goes far beyond the basics and offers enough variations to last all year!

II. Staying True to the Theme

- A. Equipment Choices
- B. Attire and Music
- C. Logistics of Team Creation, Team Building, Team Challenge
- D. Bootcamp Drills, Skills and Games

III. Teaching and Coaching Tips

- A. Differentiating the Teams
- B. Setting the Stage
- C. Station Signs
- D. Transitions that Matter
- E. Game Selection and Execution

IV. Class Set Up and Execution

- A. Set Up
 1. Circuit has a total of 8 rounds of drills
 2. Each round includes 3 drills performed at 3 different stations
 3. Teams move together from outer stations to inner stations
- B. Rounds – Station Sequence
 1. Station 1: Equipment stations around periphery – Solo/partner drill performed for 1 min
 2. Station 2: “Pods” for each team in inner circle – Solo drill performed for 1 min
 3. Station 3: Inner Circle – Partner or team drills/games performed for 2 – 4 min

C. The Flow

After a theme based bootcamp warm-up, each team starts their first Round at one of the equipment stations around the periphery of the room. After completing 1 minute of the exercise at that station, the teams move to their BOSU® Pods in the inner circle and perform a 1 – 2 minute drill in unison (led by instructor). Finally, teams quickly move their Balance Trainers into a circle and perform a game or skill (directed by instructor) for 2 – 4 minutes. At the end of the round, the instructor will choose a winning team and give that captain a sticker. The team with the most wins at the end of the workout wins the grand prize.

Beyond Bootcamp Workout

	DRILLS & EQUIPMENT	EXECUTION
ROUND #1		
Station 1	Rifle Lunges <i>Surge® Storm & Riptide</i>	<ul style="list-style-type: none"> • Stand holding Surge on one shoulder; lunge front • Step together; hold Surge vertical in front • Circle Surge; lift to other shoulder
Station 2	Progressive Crazy Burpees <i>BOSU® Balance Trainer (PSU)</i>	<ul style="list-style-type: none"> • Jump to plank; perform burpee; jump to standing • Add diagonal jumps R/L; add jack push-ups • Add snap squat jumps; add overhead thruster
Station 3	Team Blob Tag <i>BOSU® Balance Trainer</i>	<ul style="list-style-type: none"> • Team forms interlocked arms circle; "IT" on outside • "IT" runs around outside, trying to tag "Tagee" • Team runs in same direction; keeping Tagee safe
ROUND #2		
Station 1	Tire Run with Sumo Walk <i>BOSU® POWERSTAX</i>	<ul style="list-style-type: none"> • Line up STAX in different heights • Walk through "tire line," lifting legs high • Touch butt to rim of STAX each time
Station 2	Squat, Back Lunge, Front Lunge <i>BOSU® Balance Trainer</i>	<ul style="list-style-type: none"> • Hold BT in front like a "shield" • Step to lateral squat 2x, rotate BT side R/L • Back lunge, push BT away; front lunge, lift BT
Station 3	Last One Standing <i>BOSU® Balance Trainer</i>	<ul style="list-style-type: none"> • Team stands on BTs in circle until last one standing • Instructor calls out balance challenges • Stepping off dome requires holding deep squat
ROUND #3		
Station 1	Partner Mountain Climber <i>BOSU® Ballast® Ball</i>	<ul style="list-style-type: none"> • Partner 1 sits on ball; Partner 2 planks on floor • Partner 2 performs mountain climbers on ball side • Partner 1 holds ball in place 30 sec; switch places
Station 2	Get Down Get Up / Grass Drill <i>BOSU® Balance Trainer</i>	<ul style="list-style-type: none"> • Squat to supine (get down get up); hold supine • Roll to prone balance; jump feet in; get up • Jump to prone; roll to supine; squat to stand
Station 3	Team 1 – 2 – Pass the Shoe <i>BOSU® Balance Trainer</i>	<ul style="list-style-type: none"> • Team sits on BT in circle; take off R shoe; lift L leg • While balancing, pass shoe under L leg • Receive shoe passed from R; continue around
ROUND #4		
Station 1	Push Me Pull You Partner Lunge <i>Kamagon® Ball + Gliding Discs</i>	<ul style="list-style-type: none"> • Partners hold KBall between; GDisc under R foot • Alternate lunging with push/pull; resisting partner • Vary angles of push/pull and rotation
Station 2	Circle Mountain Climber <i>BOSU® BT + Gliding Discs</i>	<ul style="list-style-type: none"> • Plank w/hands on BT dome and feet on GDiscs • Perform gliding mountain climbers in semi-circle • Repeat with platform side up
Station 3	Team Circle Paddle-Swim-Run <i>BOSU® Balance Trainer</i>	<ul style="list-style-type: none"> • Team reaction drill with leader call-out • Team with the quickest reaction time wins • Paddle (seated); Swim (prone); Run (standing)

	DRILLS & EQUIPMENT	EXECUTION
ROUND #5		
Station 1	One Leg Burpee to Stork Stance <i>Surge® Storm & Riptide</i>	<ul style="list-style-type: none"> • Hold Surge overhead in neutral grip • Place on floor; perform one-legged burpee • Return to standing; add Surge twist overhead
Station 2	Split Squat Combos <i>BOSU® Balance Trainer</i>	<ul style="list-style-type: none"> • Stand on dome; perform lateral split squat • Add jump with outside leg moving front to back • Add jumping split squat, moving in circle
Station 3	Team Wave Stand to Squat <i>BOSU® Balance Trainer</i>	<ul style="list-style-type: none"> • Team stands on BTs in circle, holding hands • Leader starts wave by squatting; repeat around • Repeat 5x on each side
ROUND #6		
Station 1	Seated to Supine Prone Turn <i>BOSU® Ballast® Ball</i>	<ul style="list-style-type: none"> • Sit on BBall; walk legs forward; lower to supine • Turn over to prone; turn back to supine • Return to seated; repeat other side
Station 2	Triceps Dips <i>BOSU® BT + Gliding Discs</i>	<ul style="list-style-type: none"> • Sit with hands on dome; both feet on GDiscs • Perform triceps dip, sliding 1 leg front; alternate • Perform dips, extending both legs front
Station 3	Duck Duck Goose <i>BOSU® Balance Trainer</i>	<ul style="list-style-type: none"> • Team stands on BTs in circle; squat low • "IT" walks around outside, tapping "Ducks" • "IT" taps "Goose," runs; Goose chases for the tap
ROUND #7		
Station 1	Gliding Loaded Lunges <i>Kamagon® Ball + Gliding Discs</i>	<ul style="list-style-type: none"> • Stand, holding KBall, 1 foot on Disc, other on floor • Lunge side on GDisc; moving Kamagon diagonal • Lunge back, KBall low; lunge front, KBall overhead
Station 2	Military Plank Crawl <i>BOSU® BT + Gliding Discs</i>	<ul style="list-style-type: none"> • Hand plank on dome w/GDiscs under feet • Walk to elbow plank; to hand plank on floor • Back to elbow plank; repeat other side
Station 3	Trade Places <i>BOSU® Balance Trainer</i>	<ul style="list-style-type: none"> • Team stands on BTs in circle • First person calls out the name of a team member • They switch places and continue names/switching
ROUND #8		
Station 1	Football Run - Burpee <i>BOSU® Ballast® Ball</i>	<ul style="list-style-type: none"> • Partners face each other, one holding BBall • Ball partner runs w/fast feet; other does burpee • Toss BBall to other person and switch roles
Station 2	Bunker Crawl <i>BOSU® Balance Trainer</i>	<ul style="list-style-type: none"> • Stand on BT dome; move to kneeling on floor • Repeat back to standing • Add "duck & cover" using BT as cover
Station 3	Team Line Run Challenge <i>BOSU® Balance Trainer</i>	<ul style="list-style-type: none"> • Team stands on BTs in line • Last BT gets passed down line to front • Team shares 3 BTs while 1 is passed; cross room

<p>Rifle Lunges</p> <p><i>Surge® Storm & Riptide</i></p>		<p>Tire Run with Sumo Walk</p> <p><i>BOSU® POWERSTAX</i></p>		<p>Partner Mountain Climber</p> <p><i>BOSU® Ballast® Ball</i></p>	
	Pod #1	<p>Team Games & Skills</p>	Pod #2		
<p>Football Run Burpee</p> <p><i>BOSU® Ballast® Ball</i></p>	Pod #3		Pod #4	<p>Push Me Pull You Partner Lunge</p> <p><i>Kamagon® Ball + Gliding Discs</i></p>	
	Pod #5		Pod #6		
	Pod #7		Pod #8		
<p>Gliding Loaded Lunges</p> <p><i>Kamagon® Ball + Gliding Discs</i></p>			<p>Seated to Supine Prone Turn</p> <p><i>BOSU® Ballast® Ball</i></p>		<p>One Leg Burpee to Stork Stance</p> <p><i>Surge® Storm & Riptide</i></p>

Thank you for attending this workshop!
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