TOP 5
CAMARADERIE-BUILDING
BOOT CAMP WORKOUTS

Brought to you by:
BEST BOOT CAMP WORKOUTS
Copyright © 2010 by Caroline Fitzgerald
Get Out There! Fitness
DISCLAIMER:

This e-book is for informational purposes only and it is not meant as medical advice, nor is it a substitute for medical advice or a medical program. The workouts in this program are designed to be used by healthy individuals only and may be too strenuous for some de-conditioned people.

Readers/users should not perform any of the exercises in this program until they have been shown proper technique by a qualified fitness professional. Anyone experiencing any pain, discomfort, lightheadedness, dizziness or becoming short of breath, should stop exercising immediately and consult a doctor/physician.

The author is not responsible in any manner for any injury, loss, risk or liability, personal or otherwise, that result from the use of the fitness programs outlined in this book.
CONTENTS

1. Introduction

2. Camaraderie Building Strategies

3. Top 5 Camaraderie-Building Workout Formats
   Team Races
   Ladders
   Uneven Steven
   Team Competition
   Balls

4. Exercises

5. Wrap up
INTRODUCTION

My name is Caroline Fitzgerald. I am a certified group fitness instructor and I coach year-round outdoor fitness boot camps on the coast of Maine. I started my company, Get Out There! Fitness, in 2006 to offer adults of all ages and fitness levels a fun, effective, refreshing alternative to the gym.

Running my own boot camp is by far the most fun “job” I’ve ever had. Whether you already run one or are just getting started, I know you’ll agree! The people, the fresh air, the freedom….nice!

And without a doubt, one of the coolest things about boot camp, both for the campers and the coach, is the camaraderie that develops amongst the group. Boot Camp camaraderie, to some degree, occurs naturally without any real thought or effort being required of the coach. However, camaraderie is such an important part of the boot camp experience, and quite frankly, the success of a boot camp business, that it really should be a conscious focus of the coach.

In this special report, Camaraderie-Building For Boot Camps, I will outline some specific strategies that you, as a coach and trainer, can utilize to encourage camaraderie in your camps. I will also show you the Top 5 Camaraderie-Building Boot Camp Workouts that will set your boot camp apart from the rest and keep your campers coming back year after year.

The information in this report is drawn from my 4-plus years experience running my own boot camps as well as from my Best Boot Camp Workouts ebook. In my ebook, you will find detailed explanation of more than 50 challenging and creative workout formats that will instantly create a strong sense of camaraderie amongst your clients. Each format comes with a sample workout so you can easily see how to then take the nearly 100 Bodyweight exercises and plug them into the formats for all new workouts. Each of the exercises has a detailed explanation and full-color photos for illustration. The ebook also includes Partner Combo Exercises and Cardio Interval Workout Ideas to add even more options to your boot camps! Best Boot Camp Workouts truly is a Boot Camp Coach’s Bible!

I hope you enjoy this special report.

Have Fun and Play Hard!

Caroline
CAMARADERIE-BUILDING STRATEGIES

1. **Teamwork** - The major key to camaraderie building is teamwork. Whenever possible, you want to have your campers working together towards a common goal. That goal can be finishing in first place in a competition setting or it can just be finishing the workout, getting the “job” done, as a team or partnership. Many boot camp workouts are strictly individual-based workouts, but using workout formats that encourage teamwork are more fun for clients and build stronger relationships amongst the campers.

2. **All Fitness Levels** - Another stand-out-from-the-crowd camaraderie-building strategy is to have workout formats set up that allow for people of vastly different fitness levels to workout together. The key is that they BOTH get a kick-butt workout! You’ll be amazed at the encouragement they give each other and the bond that grows from this.

3. **Encouragement** - Just simply encouraging them to encourage each other, to cheer each other on, makes a tremendous difference. The hootin’ and hollerin’ (and fun!) that results will become an integral part of the boot camp experience.

4. **Emails from me** – I email the whole group and/or individual classes to highlight a specific event/person/group, tell them I am proud of them, or encourage them in some other way.

5. **Emails among the group** - I have a master email list for each of my classes and I share it with everyone in the class so that they can communicate with each other as they please. Of course, I make sure they respect the use of the list and keep it to boot camp-related emails only.

6. **Weekends** - On Fridays during the post-workout stretch, ask them what they are all up to that weekend? I always say “who’s doing something fun this weekend?” and then just watch what happens. Oftentimes, campers end up doing stuff together on weekends as a result of me prompting them with that one question. Likewise, you can always ask “who did something fun this weekend” on Mondays. Basically, do what you can to get them talking about their lives outside of camp. It works like a charm for increasing friendships and connection amongst campers!

7. **Outside of Class** – I encourage each class, and the whole group (all my classes) to get together outside of class for fun events, whether it be coffee after class, drinks on weekends or some fitness/health event like a road race or wellness speaker or event.
WORKOUTS

TEAM RACES

Divide the group into teams of three. Each team must complete 120 reps of an exercise, working one at a time. Team members do as many reps as they can, up to 10 reps per turn (allowing them to do many more reps than that will slow things down so team members get too much rest). Start with a run (a lap or an out and back) and then upon return, participants begin working towards their 120 reps. The first team member back to the start after the run starts right in on the exercises. Start off with the run each time and for each round, add another exercise, as shown.

Sample Workout

Round 1:
Run
120 reps Burpees

Rest

Round 2:
Run
120 reps Up and Down Planks
PLUS
120 reps Split Squats (double count)
Rest

Round 3:
Run
120 reps Burpees
PLUS
120 reps Up/down Planks
PLUS
120 reps Split Squats

ADDED CHALLENGE: Make it a competition, so everyone stops when the first team to finish (each round) yells “ding, ding, ding”.

Notes:
If the numbers do not work, make a team of two out of the strongest participants, or make a team of four and have two people in that group work together.
(Cont…)
LADDERS

They love this one! It's a fun, camaraderie-building workout. It is also a good choice in bad weather as it gives participants something to think about besides the conditions.

Have campers partner up with someone of relatively equal fitness level. Each partner will take turns doing reps, starting with one rep, and continuing until both partners have completed 9 consecutive reps. You can end this one two ways: have the first team that finishes says “ding, ding, ding” and the ladder stops or say you need two teams to ding to stop (that allows less conditioned ot have more time to finish. Sometimes if my group is particularly unbalanced fitness level-wise, I will whisper to the most fit partners telling them to just keep going until I say stop, thus allowing someone new to “win”. Each ladder will take a different amount of time depending on the exercise and fitness levels but I usually plan for at least 6 exercise ladders and then adjust according to time left towards the end.

Sample Workout
Switchfoot, Dead Bugs, Burpees, Sumo Squat Jumps, Side to Side Planks, Chin 2 Knee

Partner A – Performs 1 rep
Partner B – Performs 1 rep
Partner A – Performs 2 consecutive reps
Partner B – Performs 2 Consecutive reps
Partner A – Performs 3 Consecutive reps
Partner B – Performs 3 Consecutive reps
Partner A – Performs 4 Consecutive reps
Partner B – Performs 4 Consecutive reps
Partner A – Performs 5 Consecutive reps
Partner B – Performs 5 Consecutive reps
Partner A – Performs 6 Consecutive reps
Partner B – Performs 6 Consecutive reps
Partner A – Performs 7 Consecutive reps
Partner B – Performs 7 Consecutive reps
Partner A – Performs 8 Consecutive reps
Partner B – Performs 8 Consecutive reps
Partner A – Performs 9 Consecutive reps
Partner B – Performs 9 Consecutive reps
UNEVEN STEVEN

This is sort of similar to the Travel Relays above, only for this one, you intentionally partner with someone of vastly different fitness level and you add a stationary exercise to do while the other partner travels.

Pick a travel exercise and a stationary exercise (active or isometric). While the first partner does the travel exercise out and back for distance (ie. 25 yds) the second partner stays at the start and performs the stationary exercise. When the first partner returns, they will tag the second partner and they switch roles: the first partner performing the exercise at the starting line, the second partner heads off to do the travel exercise. One round is when both partners have completed both parts, the travel and starting line exercises. Continue for 3-4 rounds. This format ensures that the more fit partner has to perform the starting line exercise longer than the less-fit partner because the less-fit partner will take longer to perform the travel exercise. Likewise, the less-fit partner will perform that exercise for less time as the more-fit partner will take less time to perform the travel exercise.

Then Length of each “relay” will depend on exercises chosen and the fitness levels of the group.

Sample Workout

#1
Travel Exercise – Run/sprint for distance (25 yds) , out and back
Starting line Exercise – Plank

# 2
Travel – Grapevine
Starting Line – Burpees

#3
Travel – Moglie out, Sprint back
Starting Line – V-ups

So one partner is holding a plank while the other partner is running out and back.

ADDED CHALLENGE: Make it a competition. Each team completes 3-4 rounds this way and the winners yell “ding, ding, ding” when they are finished.
TEAM COMPETITION

Divide the group into two teams. Pick 6 exercises/stations. Each team member scores 1 point for their team with every exercise they complete. Play for two 12-15 minute rounds. Tally the score between rounds (while everyone rests) so that Round 2 is a more lively competition as the winner of the first round tries to defend their title and the loser of round 1 tries to prove themselves.

10-15 reps of each

1. Double Jump Burpees
2. Chin 2 Knee
3. Spiderman Climb
4. Up/Downs
5. Roll Up Squats
6. Cross Unders

ADDED CHALLENGE: Make this one long game that runs the entire length of class. A bit of a gut check for them and they have to really focus at the end to keep up their pace.

Notes:

I often use “toys” for this one (tires, sandbags, stability balls, jump ropes etc) but just be creative. You can even use all cardio or all travel exercises. The variations are endless.

Use whiteboards (use three for each team, with each whiteboard having two exercises listed) and dry-erase markers to keep score.
BALLS

This is about the most versatile group workout I have ever used. It can be done with 2 people or with 30 or more. It can be done as a competition, or not. There are loads of variations, but let me explain the basics first.

Get a bag of 100 mini plastic balls (think indoor playground ball pit balls) Mark each one with an exercise – pick 10 exercises so there are 10 balls with each exercise. Put the balls in a big bucket/bin. Pick a rep number for the workout that will apply to all balls. Put the bucket somewhere a distance away from the starting line.

“One-at-a-time” Partners/Teams - - Divide the group into teams or partnerships. Have one team member at a time travel out to the bucket, grab a ball and travel back to their team. While this person is traveling out and back, everyone else on the team must hold a plank. When the runner returns, he/she tells the team what the exercise is and they all perform it together/at the same time, before putting the ball into their team/partnership pile. When the team finishes each exercise, a new team member travels out to get a ball while the rest of the team holds a plank. Play continues until all the balls are gone. The team with the most balls wins.
EXERCISES

**Burpees** - From standing position, squat down into a deep squat, placing hands on the ground, then shoot legs out behind you until you are in a top of pushup/plank position, then quickly hop feet back in to hands into deep squat position and jump up, extending arms overhead. Repeat.

Make it Easier: See Modified Burpees

**Modified Burpees** – Perform the same back movements, but instead of jumping feet back into a pushup/plank position, step one foot back at a time, then step back in one foot at a time.

**Double Jump Burpees** - Same as above but add a squat jump at the end, after the initial jump up.
Up and Down Plank – Start in plank position on your forearms, holding your core nice and tight, a straight line between your shoulders and your ankles. Lift your right arm and place your right hand on the ground just below your shoulder. Shift weight onto your right hand as you raise your left arm and place your left hand on the ground below your left shoulder. You should now be in a pushup position. Raise your right hand and slowly lower yourself back down onto your right forearm, placing your forearm down as gently as you can. Repeat with left side by raising left hand and slowly lowering yourself back down onto your left forearm. Repeat for time or reps, alternating “lead” arms.

Make It Easier: Hold a plank instead.
**Split Squats/Jumping Lunges** - Start in lowest point of a lunge with right leg forward. Explode up into air and switch legs, landing with left leg forward. Repeat switching front leg with each jump.

Make It Easier: Perform Reverse Lunges

**Switchfoot** – Start with left toe touching your right heel, coming up onto the balls of your feet as you lower yourself into a deep squatting position. Explode back up, pressing through the balls of your feet and switch your foot position mid-air, landing back down with your right toes touching your left heel. Immediately lower yourself into a deep squatting position. Repeat for time or reps.

Make It Easier: do not bend your knees as much.
**Dead Bugs** - Lying on back with legs straight, arms outstretched overhead, raise head up off ground as you reach one arm up to meet opposite leg. Looks like a flailing, dying bug.

Make It Easier:
Do not lift your head off the ground.

**Sumo Squat Jump** – Start in the top of a wide, sumo-squat and bend you knees into a squat and explode up, bringing your feet in together underneath your torso and then back out wide again to land back in the sumo-squat position.

Make It Easier: Just do a Sumo Squat without the jump.
Side to Side Plank - Start in plank position on your forearms, holding your core nice and tight, a straight line between your shoulders and your ankles. "Step" to the right 3 "steps" by picking up your right arm and leg at the same time and placing them down again one foot to your right, following with left arm and leg. Move to your right in this manner for a total of three "steps", that is one repetition. Now repeat, leading with your left arm and leg, moving three steps back to your starting position. That is two reps completed.
Make It Easier: Hold a regular plank.

Chin 2 Knee - Lying on ground, legs straight. Using arms to help you, sit up with torso and bring left knee up to chin. Lower and repeat with right leg up.
Make it Easier: Perform Dead Bugs.
Moglie/Elephant Walk – Start in an inverted “V” position and “walk” forward on hands and feet, imitating the loping walk of an elephant, or Moglie, the boy from the Jungle Book.

V-Ups - Lie down on your back, legs extended, arms by your side. Bend knees and raise torso up towards each other making a “V” shape at the top position bringing knees in as close to your chest as possible, hands reaching out to either side of your knees. Slowly lower to starting position and repeat. Make It Easier: Perform Chin 2 Knees or Dead Bugs.
**Burpees** - From standing position, squat down into a deep squat, placing hands on the ground, then shoot legs out behind you until you are in a top of pushup/plank position, then quickly hop feet back in to hands into deep squat position and jump up, extending arms overhead. Repeat. Make it Easier: See Modified Burpees

**Modified Burpees** – Perform the same back movements, but instead of jumping feet back into a pushup/plank position, step one foot back at a time, then step back in one foot at a time.

**Double Jump Burpees** - Same as above but add a squat jump at the end, after the initial jump up.
**Spiderman Climb** - Start in a hand plank position, holding your core nice and tight, a straight line between your shoulders and your ankles. Holding your body steady, bend right knee and bring your right foot up and plant it next to your right hand, with knee just outside your elbow. Be sure to plant your whole foot on the ground. Return to starting plank position and repeat with left leg. Take care not to swing your hips side to side as you “climb”. Focus on only moving your leg.

Make It Easier: Just bring your foot/leg up to waist height, not all the way to your hands.
**Up/Downs** – This one is basically just throwing yourself to the ground (the pictures needed to be a bit exaggerated in order to capture the throwing down part.) From a standing position, in one quick motion, kick your legs out behind you and drop to the ground landing hands first then chest then follow with the rest of your body. Scramble back up, bringing one foot in at a time into a crouch and stand up.

Make It Easier: Perform a Burpee instead
Roll Up Squats – Sit down onto ground and roll back onto your back bringing knees and feet up towards your chest. Roll back forward and plant your hands on either side of your feet and push yourself up into standing position. Make sure to keep your knees directly above your feet, and in line with your hips, do not let your knees fall in together with your feet out to the side. Repeat for time/reps. Make it Easier: Perform squats.

Cross-Unders – Start in plank position, holding your core nice and tight. Lift right foot off the ground and tuck your right leg underneath your torso, across to the left side of your body. Keep your body and your leg as straight as possible as you cross your leg under and back again, avoiding a lot of twisting in your torso. Return right leg to starting position and repeat with left leg. Make It Easier: Perform Mountain Climbers.
WRAP UP

So there you have it, 5 of the best boot camp workouts for camaraderie building. When your campers are a connected group, they will have more fun, come to class more often and stay in class longer…all of which are fantastic for your business!

For more great boot camp workouts – more than 50 of them, including even more camaraderie-building workouts - plus partner combo exercises, interval workout ideas, and nearly 100 bodyweight exercises be sure to check out my ebook, The Best Boot Camp Workouts at http://georgettepann.com/bestbootcampworkouts It truly is a Boot Camp Coach's Bible!

Have fun!

Get Out There!
Caroline

Caroline Fitzgerald
Get Out There! Fitness
www.getouttherefitness.com
The Best Boot Camp Workouts
http://georgettepann.com/bestbootcampworkouts