

# HAVE YOU TRIED THIS YET?

## “Boot Camp Workouts!”

Boot camp workouts are efficient because you work your entire body— heart and muscles—by going from one exercise to another with little rest. The workouts involve calisthenics like pushups, jumping jacks, crunches and other body weight exercises. The difference lies in the intensity. In boot camp, your challenge is to take your body to its limit. You work, you sweat and, best of all, you burn calories like crazy.

Boot camp workouts are:

- A great way to burn lots of calories.
- Efficient - you work your whole body in a short period of time.
- Fun - each exercise is different so you don't get bored.
- Easy to fit in to a busy schedule - You can do it anywhere with little equipment.
- As challenging as you want them to be.
- Can be a team effort when performed with others



Here is a sample workout that you could perform by yourself at the Fitness Center or at a near-by playground. Three pieces of equipment is needed for this workout: thera-band, medicine ball, and a pull-up bar.

\*Perform each exercise for 2 sets with

**ACTIVE REST** in between each set (Example: March in place for 20–30 sec)

### 1. Jumping Jacks (20–30 sec)



### 2. High Knee Run in Place (15–30 sec)



### 3. Push-Ups (20–30 sec) & Med Ball Squat (20–40 sec)



### 4. Mountain Climbers (15–30 sec) & Jump and Reach to the Sky (20–30 sec)



### 5. Assisted Pull-ups (15-25 sec) & Bench Dips (25-35 sec)



### 6. Med Ball Throws w/Squat (20–30 sec) & Scissor Crunch (25–35 sec)



### 7. Band Pull-Outs (25–30 sec) & Plank on Elbows (15–40 sec)



### 8. Jumping Rope Simulation & Stretches

If you want to do boot camp workouts with others, come to our boot camp class on Fridays at Noon at the Nimkee Fitness Center. We often will take our workouts to an outside location. This is a great place to get an awesome workout with a group that can keep you motivated. If you have any questions or would like your own routine created for you, please stop to see us at the Fitness Center.

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