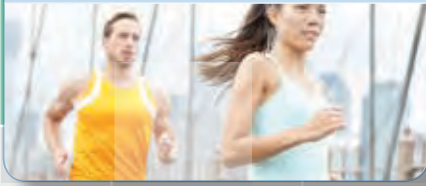


INTRODUCTION



FREEeBOOK



SAVE10%



moti  **ate**™
to train

The way the world learns to run
outdoor fitness bootcamps and
training.

wafic
western australia fitness industry convention

SESSION NOTES / WAFIC 2014

B3H / FIT FAST — HIGH
METABOLIC TRAINING
FOR BOOTCAMPS

PAGE BREAK

The challenge for
bootcamp and
outdoor group fitness
instructors is how
to incorporate high
metabolic training into
bootcamp classes of
any size.

INTRODUCTION

The era of get fit fast is upon us. Add in the competition demand for time and the growing reality is this: clients are simply not always prepared to allocate over 60 minutes to attend bootcamp and outdoor group fitness programs.

What many clients are now seeking is a fitness activity that achieves similar fitness results in a 30- to 60-minute session. Introducing high-intensity interval training (HIIT), an increasingly popular training approach due to its claims of improved fat burning and cardiovascular improvements when compared to the more traditional training methods.

But where does that leave the bootcamp and outdoor group fitness instructor? Let's find out!

The challenge for the outdoor group fitness instructor is how to:

- incorporate HIIT into small to large bootcamps;
- maintain a safe and fun environment; and
- run programs that are 30 and 60 minutes in length and still include a proper warm-up and cool down.

Fit Fast — High Metabolic Training for Bootcamps is an introduction to high metabolic training and provides an initial understanding of how to:

- 1/ Run safe, fun and professional HIIT resistance orientated programs, referred to as High Metabolic Training (HMT) activities that are automated and competition-based.
- 2/ Program HMT activities that are scalable for all fitness levels and age groups, and can be incorporated into military-style bootcamps or outdoor group fitness classes of any size.

HIGH METABOLIC TRAINING

SPECIALTY PROGRAM



1
MONTH

4
WEEKS

SESSIONS
13

SPECIALTY PROGRAM

A specialised outdoor group training program with 13 high-intensity workout sessions.

TRAINING PROGRAMS

- Unique!
- Scalable to your clients.
- Adaptable to your business.
- Features alternative exercises and safety tips.

PAGE BREAK

All content is copyright © 2011 by Bootcamp Alliance. All rights reserved. No part of this document or the related files may be reproduced or transmitted in any form, by any means (electronic, photocopying, recording, or otherwise) without the prior written permission of the publisher.

Limit of Liability and Disclaimer of Warranty: The publisher has used its best efforts in preparing this book, and the information provided herein is provided "as is." Bootcamp Alliance makes no representation or warranties with respect to the accuracy or completeness of the contents of this book and specifically disclaims any implied warranties of merchantability or fitness for any particular purpose and shall in no event be liable for any loss of profit or any other commercial damage, including but not limited to special, incidental, consequential, or other damages.

Trademarks: This book identifies product names and services known to be trademarks, registered trademarks, or service marks of their respective holders. They are used throughout this book in an editorial fashion only. In addition, terms suspected of being trademarks, registered trademarks, or service marks have been appropriately capitalized, although Bootcamp Alliance cannot attest to the accuracy of this information. Use of a term in this book should not be regarded as affecting the validity of any trademark, registered trademark, or service mark.

All classes are to be scaled or modified appropriately considering the abilities and limitations of the clients, restrictions and constraints of the location, climate and environmental conditions. Group and Personal trainers who decide to use these programs accept all risks to themselves and their clients and waive any liability from Bootcamp Alliance and Motivate to Train.

GREAT IDEAS

"A very structured and informative course; covered all the right criteria and gave me some great ideas for training clients.

I would highly recommend this course to other PTs."

RECOMMENDED

"Thanks heaps for an awesome course—love it, and will definitely be sending all of my trainers on the course."

NEW INFORMATION

"Let me say a big THANKS. I have once again found the passion [for] why I'm a fitness trainer ... because of all the new info contained in your courses."

PROFESSIONAL

"Thanks guys, for an excellent course.

It was very informative, professional and fun—all the things our clients would expect from "our" bootcamp classes.

Well done, and thanks for sharing your wisdom."

INTRODUCTION

HELLO & WELCOME

SPECIALTY

1

MOTIVATETOTRAIN

Motivate To Train offers courses designed to qualify fitness professionals in the discipline of bootcamps and outdoor group fitness.

The courses combine theoretical classes with practical workshops to ensure participants learn how to safely and successfully operate their own classes.



"Recognised by more than four international industry organisations."

OURCOURSES

- Level 1: Bootcamp and Outdoor Group Fitness
- Level 2: Advanced Bootcamp and Outdoor Group Fitness

Learn about group formations, command and control, risk management, group interaction, lesson structures ... plus much more (including plenty of training ideas)!

The Way The World Learns to Run Outdoor Fitness Bootcamps and Training™

VISITWEBSITE

www.bootcampinstructor.com.au

GLOBALACCREDITATION



FITNESS AUSTRALIA



PHYSICAL ACTIVITY AUSTRALIA



REGISTER OF EXERCISE PROFESSIONALS (NEW ZEALAND)



AMERICAN COUNCIL ON EXERCISE



AMERICAN COLLEGE OF SPORTS MEDICINE



NATIONAL ACADEMY OF SPORTS MEDICINE

MOTIVATE TO TRAIN | TRAINING PROGRAMS

300+
WORKOUT
SESSIONS

2
EDUCATION
COURSES

6
INDUSTRY
BODIES

PAGE BREAK

LOOKING AHEAD

PROGRAM OVERVIEW

3 sessions every week for a total of 12/13 exciting, high-energy workouts.

The goal of High Metabolic Training is to challenge all fitness levels with a series of high-intensity workouts focused on muscular endurance and cardiovascular endurance (indicated by the different icons). The activities can be used as stand-alone lessons or as a specialised high-intensity program (1 month). It is recommended that instructors attempt this program themselves before implementing, due to the high intensity involved; lessons should then be scaled accordingly, depending on clients.

Overall intensity has been rated as **HARD**. Risk of injury is **MED** for all clients. Keep in mind the **KEY RISK** (found below) for all sessions.

RISK OF INJURY
MED

WEEK 1

WEEK 2

WEEK 3

WEEK 4

FIVES 1

2 TEAM CENTURION

3 30 SECONDS OF JOY

"Developing an outline will help you to progressively build the program intensity and with minimal risk."

SUPER 15s 6

4 PAIRS COUNTDOWN COMPETITION

5 IRONPERSON CHALLENGE EXTREME

FOR GRUNT'S SAKE 8

9 THE ACCUMULATOR

7 COUNTING UP

11 RUN IN THE PARK

12 RUN IN THE PARK ADV

10 MED-BALL PAIN

FIVES 12

KEYRISK

Poor conditioning in new clients | Fatigue and exhaustion | Poor technique | Blood shunting activities.

BOOTCAMP ALLIANCE | TRAINING PROGRAMS

ii

iv

SPECIALTY 1

FIVES

A new benchmarking activity or individual challenge.

Clients have 5 minutes to complete as many repetitions as possible of a selected exercise. Introduce an additional 4 exercises for a workout consisting of 5 x 5-minute working periods.

At the end of each round the number of repetitions are recorded, thus introducing competition between participants and increasing the intensity of the lesson. (Participants should be provided with a chalk or pen and paper to record results.)

Don't forget to demonstrate and explain correct conduct of the transition and exercises between each round.

WARMUP

1. Account for all clients.
2. Conduct pre-class safety checks.
3. Warm-up (including range of movement activities).

Does anyone have any injuries?

(If so, provide alternate exercises.)

Poor technique and fatigue leading to strains and sprains.

"CAUTION: Blood shunting activities can result in light headedness and dizziness."

MAINWORKOUT

Suggested rounds (5 minutes each):

Round 1: Bicep curls (with exercise bands or hand-weights).

(1 minute rest/drinks break.)

Round 2: Squats (with/out weights).

(1 minute rest/drinks break.)

Round 3: Push-ups (conducted on knees to maximise repetitions).

(1 minute rest/drinks break.)

Round 4: Sit-ups or leg extensions.

(1 minute rest/drinks break.)

Round 5: Grunts (burpees without push-ups—knees slightly bent on extension to prevent hyperextension of the lumbar spine).

COOLDOWN

1. Get to know your clients.
2. Move to the shade, stretch and allow body to return to normal.
3. Advise of possible delayed on-set muscle soreness.
4. Discuss basic nutrition and upcoming events.

Did anyone get any injuries?

(If so, fill in an Injury Incident Report.)

SUGGESTEDEQUIPMENT

Powerbands and small hand-weights (5 to 8 kilograms) | Stopwatch (countdown) | First aid kit | Mobile phone.

MOTIVATE TO TRAIN | TRAINING PROGRAMS

PAGE BREAK

SPECIALTY 1

TEAM CENTURION

Which team will complete 100 repetitions first?

Team Centurion is an endurance competition in which participants (in teams of 2) must work together to complete 100 repetitions of 6 exercises.

Participant 1 commences a static exercise while Participant 2 completes a shuttle run. When Participant 2 returns, the roles swap. The goal is to achieve a team total of 100 repetitions before moving on to another exercise on the list.

The first team to complete 100 repetitions of all 6 exercises is the winner.

It is important to handicap all teams based on their cardiovascular fitness (for example: fastest runner with slowest runner). This ensures all teams are even and each participant is challenged.

Don't forget to demonstrate and explain correct conduct of the transition and exercises prior to starting the activity.

WARMUP

1. Account for all clients.
2. Conduct pre-class safety checks.
3. Warm-up (including range of movement activities).

Does anyone have any injuries?

(If so, provide alternate exercises.)

Poor conditioning in new clients and fatigue.

"Not sure who the fastest runner is? Race them over the 80 to 100 metre shuttle run and count them in."

MAINWORKOUT

Suggested exercise list:

1: Bicep curls (hand-weights or exercise bands).

2: Lunges (with/out hand-weights or exercise bands).

3: Push-ups (on toes or knees).

4: Squats (hand-weights or exercise bands).

5: Lateral jumps (push-up pike position—keeping hands on the ground, jump left and right to shoulder width; each jump is 1 repetition).

6: Grunts (burpees without push-ups—knees slightly bent on extension to prevent hyperextension of the lumbar spine).

Note: Once an exercise has started the team cannot change exercises until 100 repetitions have been completed.

COOLDOWN

1. Get to know your clients.
2. Move to the shade, stretch and allow body to return to normal.
3. Advise of possible delayed on-set muscle soreness.
4. Discuss basic nutrition and upcoming events.

Did anyone get any injuries?

(If so, fill in an Injury Incident Report.)

SUGGESTEDEQUIPMENT

Kettlebells or hand-weights | Exercise bands | Medicine balls | Cones | Stopwatch | First aid kit | Mobile phone.

MOTIVATE TO TRAIN | TRAINING PROGRAMS

SPECIALTY 1

30 SECONDS OF JOY

1
3

WARMUP

1. Account for all clients.
2. Conduct pre-class safety checks.
3. Warm-up (including range of movement activities).

Does anyone have any injuries?

(If so, provide alternate exercises.)

Poor conditioning in new clients and fatigue.

"Monitor technique and form as participants start to fatigue."

MAINWORKOUT

Suggested sets (20 x 30 seconds = 10 minutes):

Set 1: Toyotas (regress to squats).

(2 minute drink break.)

Set 2: Push-ups (alternative: push-ups on knees or tricep dips).

(2 minute drink break.)

Set 3: Crunches (each round increasing by 2 repetitions until participants are unable to maintain the cadence).

Remember, each set involves 20 continuous rounds with repetitions increasing every round. Recovery time is the remaining time within the 30-second round.

COOLDOWN

1. Get to know your clients.
2. Move to the shade, stretch and allow body to return to normal.
3. Advise of possible delayed on-set muscle soreness.
4. Discuss basic nutrition and upcoming events.

Did anyone get any injuries?

(If so, fill in an Injury Incident Report.)

SUGGESTEDEQUIPMENT

Stopwatch (countdown function) | First aid kit | Mobile phone.

MOTIVATE TO TRAIN | TRAINING PROGRAMS

3

PAGE BREAK

SPECIALTY 1

PAIRS COUNTDOWN COMPETITION

2
1

WARMUP

1. Account for all clients.
2. Conduct pre-class safety checks.
3. Warm-up (including range of movement activities).

Does anyone have any injuries?

(If so, provide alternate exercises.)

Poor conditioning in new clients and fatigue.

"Monitor participants at all times and ensure that correct form and technique is not compromised by competition."

MAINWORKOUT

Suggested sets and rounds:

Set 1:

1: Shuttle run with grunts (burpees without the push-up).

2: Shuttle run with push-ups.

3: Shuttle run with butterfly sit-ups (modified sit-ups—heals are held together to reduce use of the hip flexor).

Set 2:

Same exercises as above, but in reverse (for example, 0 to 20 repetitions).

To scale the program, reduce the repetitions of the exercises and/or the distance of the dynamic activity. (Or change the exercises and dynamic activity.)

COOLDOWN

1. Get to know your clients.
2. Move to the shade, stretch and allow body to return to normal.
3. Advise of possible delayed on-set muscle soreness.
4. Discuss basic nutrition and upcoming events.

Did anyone get any injuries?

(If so, fill in an Injury Incident Report.)

SUGGESTEDEQUIPMENT

Cones | Mats | Stopwatch | First aid kit | Mobile phone.

MOTIVATE TO TRAIN | TRAINING PROGRAMS

4

SPECIALTY 1

IRONPERSON CHALLENGE EXTREME

2
2

WARMUP

1. Account for all clients.
2. Conduct pre-class safety checks.
3. Warm-up (including range of movement activities).

Does anyone have any injuries?

(If so, provide alternate exercises.)

Poor technique and fatigue leading to strains and sprains.

"This activity can be used as an individual lesson or benchmarking/fitness testing activity."

MAINWORKOUT

Suggested playlist:

- 1: Shuttle run.
- 2: 30 x Controlled burpees / Grunts (scale as required) | Shuttle run.
- 3: 50 x Bodyweight squats (scale with weights | Shuttle run.
- 4: 50 x Sit-ups or crunches | Shuttle run.
- 5: 100m x Walking lunges (scale as required) | Shuttle run.
- 6: 50 x Mountain climbers or starters (scale with push-ups) | Shuttle run.
- 7: 200m x Equipment carry (small hand-weights, medicine balls ...) | Shuttle run.
- 8: 50 x Medicine ball military press (4 to 8 kilograms) | Shuttle run.
- 9: 50 x Plank holds (with alternative leg/arm extensions) | Shuttle run.
- 10: Shuttle run.

COOLDOWN

1. Get to know your clients.
2. Move to the shade, stretch and allow body to return to normal.
3. Advise of possible delayed on-set muscle soreness.
4. Discuss basic nutrition and upcoming events.

Did anyone get any injuries?

(If so, fill in an Injury Incident Report.)

SUGGESTEDEQUIPMENT

Powerbands | Hand-weights | Medicine balls | Stopwatch | First aid kit | Mobile phone.

MOTIVATE TO TRAIN | TRAINING PROGRAMS

5

PAGE BREAK

SPECIALTY 1

SUPER 15s (AMRAP)

2
3

WARMUP

1. Account for all clients.
2. Conduct pre-class safety checks.
3. Warm-up (including range of movement activities).

Does anyone have any injuries?

(If so, provide alternate exercises.)

Poor technique and fatigue leading to injuries.

"This activity can be used as an individual lesson or benchmarking/fitness testing activity."

MAINWORKOUT

Suggested exercises:

- 1: Toyotas (plyometric squat).
(Lower impact/intensity option: bodyweight squat.)
- 2: Hands-off push-ups (lower body until chest is on the ground; lift hands off the ground by a couple of centimetres before raising body for next repetition).
(Lower impact/intensity option: complete on knees.)
- 3: V-sit toe-touchers (with straight leg).
(Lower impact/intensity option: standard crunch.)
- 4: 30 x step-ups—15 each leg (30 to 40 centimetres).
(If no step is available, use a shuttle run as a substitute.)

COOLDOWN

1. Get to know your clients.
2. Move to the shade, stretch and allow body to return to normal.
3. Advise of possible delayed on-set muscle soreness.
4. Discuss basic nutrition and upcoming events.

Did anyone get any injuries?

(If so, fill in an Injury Incident Report.)

SUGGESTEDEQUIPMENT

Boxes or suitable steps (step-ups) | Stopwatch | First aid kit | Mobile phone.

MOTIVATE TO TRAIN | TRAINING PROGRAMS

6

A modified Ironperson Challenge for some added variety.

Each participant is given a 10-round playlist and is required to complete all repetitions as fast as possible. The list must be completed from top to bottom—participants cannot skip activities, participants cannot break up repetitions (some now, some later). This is a timed activity to be completed individually.

The activity is to be conducted over a 100- to 200-metre shuttle run with the exercises to be completed behind the baseline. A large sports field or oval is recommended, however, it can also be conducted on paths and tracks.

To scale the program, increase or decrease the shuttle run length and/or exercise repetitions.

Don't forget to demonstrate and explain correct conduct of the transition and all exercises on the playlist prior to lesson commencement.

4 activities over 25 minutes.

Super 15s is an individual challenge conducted over 25 minutes.

Participants are required to complete 15 repetitions of 4 activities. The goal is to tally as many rounds as possible (AMRAP) during this time period. For example: (15 x Exercise 1) + (15 x Exercise 2) + (15 x Exercise 3) + (15 x Exercise 4) = 1 round.

Who can complete the most rounds? (An idea: provide pen and paper to help participants tally the number of rounds completed.)

Don't forget to demonstrate and explain correct conduct of the transition and exercises prior to starting.

SPECIALTY 1

COUNTING UP (AMRAP)

3
1



An individual performance worthy of a winner.

Counting Up is based on 3 x 10-minute sets, in which participants are required to complete as many rounds as possible of 2 exercises. Starting with 1 repetition of each exercise, each new round introduces an additional repetition.

For example, Round 1 (1 x Squat | 1 x Push-up) immediately followed by Round 2 (2 x Squats | 2 x Push-ups) immediately followed by Round 3 (3 x Squats | 3 x Push-ups) ... until 10 minutes has expired. Note: there is no rest between the rounds.

Who can complete the most rounds?

To scale the program, increase or reduce the set time length or set alternative exercises.

Don't forget to demonstrate and explain correct conduct of the transition and exercises prior to each set.



WARMUP



1. Account for all clients.
2. Conduct pre-class safety checks.
3. Warm-up (including range of movement activities).

Does anyone have any injuries?

(If so, provide alternate exercises.)



Poor technique and fatigue leading to strains and sprains.

"CAUTION: Blood shunting activities can result in light headedness and dizziness."

MAINWORKOUT



Suggested sets (10 minutes each):

Set 1 (increasing by 1 repetition every round):

1: Squats (scale up: Toyotas) | 2: Push-ups (scale up: hands-off push-ups; scale down: push-ups on knees).

(2 minute drink break.)

Set 2 (increasing by 2 repetitions every round):

1: Step-ups with med-ball or sandbag (scale up: box jump; scale down: without med-ball) | 2: Oblique twists (with/out med-ball).

(2 minute drink break.)

Set 3 (increasing by 1 repetition every round):

1: Grunts (with/out med-ball) | 2: Military press with med-ball (alternative: bicep curl with exercise bands).

COOLDOWN



1. Get to know your clients.
2. Move to the shade, stretch and allow body to return to normal.
3. Advise of possible delayed on-set muscle soreness.
4. Discuss basic nutrition and upcoming events.

Did anyone get any injuries?

(If so, fill in an Injury Incident Report.)



SUGGESTEDEQUIPMENT

Powerbands | Hand-weights | Medicine balls | Boxes | Stopwatch | First aid kit | Mobile phone.

MOTIVATE TO TRAIN | TRAINING PROGRAMS

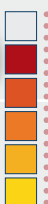
7

PAGE BREAK

SPECIALTY 1

FOR GRUNT'S SAKE

3
2



... yep, more grunts!

For Grunt Sake is 8 rounds of 2 exercises including plenty of grunts (no surprises there!)

Exercise 1 is carried out for 30 seconds and Exercise 2 is carried out for 20 seconds. There is no true rest between each exercise, only 5 seconds (approximately) in preparation for the next exercise (plus, adequate drink breaks between sets). This is completed for 8 continuous rounds. Participants are encouraged to complete as many repetitions as possible for each exercise.

Keep in mind, success of this activity heavily depends upon correct implementation of work/rest timings. Intensity can be increased with a little competition.

Don't forget to demonstrate and explain correct conduct of the transition and exercises prior to each set.



WARMUP



1. Account for all clients.
2. Conduct pre-class safety checks.
3. Warm-up (including range of movement activities).

Does anyone have any injuries?

(If so, provide alternate exercises.)



Poor technique and fatigue leading to strains and sprains.

"CAUTION: Blood shunting activities can result in light headedness and dizziness."

MAINWORKOUT



Suggested sets (8 continuous rounds each):

Set 1 (Exercise 1—30 seconds | Exercise 2—20 seconds):

1: Grunts (scale up: grunt box jump; scale down: toyotas or squats) | 2: Bicep curls with exercise bands/light hand-weights (scale up/down: varying resistance; no equipment option: push-ups).

Set 2 (Exercise 1—30 seconds | Exercise 2—20 seconds):

1: Grunts (scale up: grunt box jump; scale down: toyotas or squats) | 2: Bent-over row with exercise bands/light hand-weights (no equipment option: plank holds with alternate leg/arm raise).

Set 3 (Exercise 1—30 seconds | Exercise 2—20 seconds):

1: Grunts (scale up: grunt box jump; scale down: toyotas or squats) | 2: Reverse curl + upright row combo (alternative: bent-over row with exercise bands/light hand-weights; no equipment option: bodyweight dips).

COOLDOWN



1. Get to know your clients.
2. Move to the shade, stretch and allow body to return to normal.
3. Advise of possible delayed on-set muscle soreness.
4. Discuss basic nutrition and upcoming events.

Did anyone get any injuries?

(If so, fill in an Injury Incident Report.)



SUGGESTEDEQUIPMENT

Powerbands | Hand-weights | Medicine balls | Boxes | Stopwatch (countdown function) | First aid kit | Mobile phone.

MOTIVATE TO TRAIN | TRAINING PROGRAMS

8

SPECIALTY 1

THE ACCUMULATOR

3
3

WARMUP

1. Account for all clients.
2. Conduct pre-class safety checks.
3. Warm-up (including range of movement activities).

Does anyone have any injuries?

(If so, provide alternate exercises.)

Poor technique and fatigue leading to strains and sprains.

"CAUTION: Blood shunting activities can result in light headedness and dizziness."

MAINWORKOUT

Suggested static exercises (to be completed in order):

- 1: Bicep curls (exercise bands).
- 2: Squats (with/out weights).
- 3: Push-ups (scale up: lateral or hands-off push-ups; scale down: push-ups on knees).
- 4: Sit-ups or leg extensions.
- 5: Grunts.

Followed by the shuttle activity.

The shuttle activity involves a walk-lunge (out) and run (back) from/to baseline. This activity is completed after the 5 static exercises have been completed. Every round (every time the participant returns to the baseline) the number of repetitions for these exercises is increased by 1 repetition.

The goal is to complete as many rounds as possible.

COOLDOWN

1. Get to know your clients.
2. Move to the shade, stretch and allow body to return to normal.
3. Advise of possible delayed on-set muscle soreness.
4. Discuss basic nutrition and upcoming events.

Did anyone get any injuries?

(If so, fill in an Injury Incident Report.)

SUGGESTEDEQUIPMENT

Powerbands | Hand-weights | Medicine balls | Mats | Stopwatch | First aid kit | Mobile phone.

MOTIVATE TO TRAIN | TRAINING PROGRAMS

9

PAGE BREAK

SPECIALTY 1

MED-BALL PAIN

4
1

WARMUP

1. Account for all clients.
2. Conduct pre-class safety checks.
3. Warm-up (including range of movement activities).

Does anyone have any injuries?

(If so, provide alternate exercises.)

Poor technique and fatigue leading to injuries.

"This activity can be used as an individual lesson or benchmarking/fitness testing activity."

MAINWORKOUT

Suggested exercises (10 repetitions each):

- Exercise 1:** Weighted squats or thrusters.
- Exercise 2:** Medicine ball push-ups.
- Exercise 3:** Medicine ball grunts.
- Exercise 4:** Oblique/Russian twists.
- Exercise 5:** 20 metre shuttle run sprint (with medicine ball).

As many rounds as possible (AMRAP) in 30 minutes. Who can knock out the most rounds?

COOLDOWN

1. Get to know your clients.
2. Move to the shade, stretch and allow body to return to normal.
3. Advise of possible delayed on-set muscle soreness.
4. Discuss basic nutrition and upcoming events.

Did anyone get any injuries?

(If so, fill in an Injury Incident Report.)

SUGGESTEDEQUIPMENT

Powerbands | Hand-weights | Sandbags | Medicine balls | Stopwatch | First aid kit | Mobile phone.

MOTIVATE TO TRAIN | TRAINING PROGRAMS

10

SPECIALTY 1

RUN IN THE PARK

4
2

A pyramid-style activity that progressively builds in intensity.

Run In The Park is a cardio and muscular endurance activity based on 40 x 40 second rounds. It can be conducted as a 20- to 30-metre shuttle run or on a large sports field or oval.

Each round, participants are required to complete an exercise as quickly as possible within a 40-second work period. The number of repetitions increases by 1 every round for the first 20 rounds (1 to 20 repetitions), and decreases by 1 for the remaining 20 rounds (21 to 1 repetitions).

And the running bit? The remaining time within the 40-second work period (after the designated repetitions have been completed) is left for running. In short: it's an ongoing shuttle run or jog, in which participants stop every 40 seconds (regardless of where they are) and punch out an exercise.

Don't forget to demonstrate and explain correct conduct of the transition and exercises prior to beginning.



WARMUP



1. Account for all clients.
2. Conduct pre-class safety checks.
3. Warm-up (including range of movement activities).

Does anyone have any injuries?

(If so, provide alternate exercises.)



Poor conditioning in new clients and fatigue.

"Allow a drink break whenever required; however, the aim is for 40 rounds of continuous running."

MAINWORKOUT



40 x 40-second rounds—toyotas (regression: squats; progression: grunts or burpees):

Round 1: 1 x Toyota | Shuttle run.
Round 2: 2 x Toyotas | Shuttle run.

...

Round 20: 20 x Toyotas | Shuttle run.
Round 21: 19 x Toyotas | Shuttle run.

...

Round 39: 1 x Toyota | Shuttle run.
Round 40: 20 x Toyota | Shuttle run.

Round 1 to 20 increase by 1 repetition; rounds 21 to 39 decrease by 1 repetition; Round 40 is 20 repetitions.

Exercises should be substituted or changed every 4 to 5 rounds, if participants cannot perform them. As fatigue kicks in, consider changing from a run to a walk.

COOLDOWN



1. Get to know your clients.
2. Move to the shade, stretch and allow body to return to normal.
3. Advise of possible delayed on-set muscle soreness.
4. Discuss basic nutrition and upcoming events.

Did anyone get any injuries?

(If so, fill in an Injury Incident Report.)



SUGGESTEDEQUIPMENT

Cones | Stopwatch (countdown function) | First aid kit | Mobile phone.

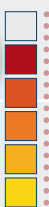
MOTIVATE TO TRAIN | TRAINING PROGRAMS

11

PAGE BREAK

SPECIALTY 1

RUN IN THE PARK (ADV)

4
2

The advanced version of Run In The Park.

Run In The Park (Adv) introduces blood shunting for a more challenging and high intensity work. Like the original version, it is based on 40 x 40 second rounds, in which participants are required to complete an exercise as quickly as possible within the 40-second work period. The number of repetitions increases by 1 every round for the first 20 rounds (1 to 20 repetitions), and decreases by 1 for the remaining 20 rounds (21 to 1 repetitions).

And the running bit? The remaining time within the 40-second work period (after the repetitions have been completed) is left for running. In short: it's an ongoing shuttle run or jog, in which participants stop every 40 seconds (regardless of where they are) and punch out an exercise.

Note: conduct this activity on soft ground (like, grass) to allow for regression to push-up on knees, if required.

Don't forget to demonstrate and explain correct conduct of the transition and exercises prior to beginning.



WARMUP



1. Account for all clients.
2. Conduct pre-class safety checks.
3. Warm-up (including range of movement activities).

Does anyone have any injuries?

(If so, provide alternate exercises.)



Poor conditioning in new clients and fatigue.

"Allow a drink break whenever required; however, the aim is for 40 rounds of continuous running."

MAINWORKOUT



40 x 40-second rounds—push-ups (regression: push-ups on knees; progression: marine or lateral push-ups):

Round 1: 1 x Push-up | Shuttle run.
Round 2: 2 x Push-ups | Shuttle run.

...

Round 20: Push-ups | Shuttle run.
Round 21: Push-ups | Shuttle run.

...

Round 39: 1 x Push-up | Shuttle run.
Round 40: 20 x Push-ups | Shuttle run.

Round 1 to 20 increase by 1 repetition; rounds 21 to 39 decrease by 1 repetition; Round 40 is 20 repetitions.

Exercises should be substituted or changed every 4 to 5 rounds, if participants cannot perform them. As fatigue kicks in, consider changing from a run to a walk.

COOLDOWN



1. Get to know your clients.
2. Move to the shade, stretch and allow body to return to normal.
3. Advise of possible delayed on-set muscle soreness.
4. Discuss basic nutrition and upcoming events.

Did anyone get any injuries?

(If so, fill in an Injury Incident Report.)



SUGGESTEDEQUIPMENT

Cones | Stopwatch (countdown function) | First aid kit | Mobile phone.

MOTIVATE TO TRAIN | TRAINING PROGRAMS

12

www.bootcampinstructor.com.au

ATTENTION
Courses designed for all types of outdoor group training—military-style bootcamps to Mums&Bubs. Something for all fitness professionals.

DON'T JUST LOOK LIKE A BOOTCAMP

Become an accredited
bootcamp and
outdoor group fitness
instructor.

**MILITARY
EXPERT'S**

Learn to run safe, successful and professional outdoor group training sessions from military and fitness professionals.

Fitness Australia
CECs

**EARN 17
CECs**

... in 2 days! Our courses are internationally accredited—Fitness Australia, ACE, REPS NZ and more. Face-to-face, distance and online options.

wafic
western australia fitness industry convention

**SAVE
10% OFF**

As an attendee of WAFIC, enlist today and get a discount on your next Motivate To Train course.
Discount code: 10-OFF*

*See website for conditions.



moti  **ate**
to train

www.bootcampinstructor.com.au