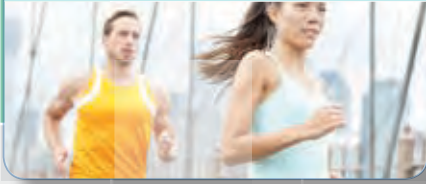


INTRODUCTION



FREEeBOOK



SAVE10%



moti  **ate**™
to train

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

wafic
western australian fitness industry convention

SESSION NOTES / WAFIC 2014

C2H / FAMILY-FRIENDLY
BOOTCAMPS

PAGE BREAK

The challenge for
bootcamp and
outdoor group fitness
instructors is to
provide classes that
challenge participants
of all ages and fitness
levels.

INTRODUCTION

Let's face it: kids are spending more and more time indoors and in front of a screen. Whereas kids once spent their days playing outside, the sad reality is that kids tend to view exercise as a chore. Childhood obesity is on the rise.

Another sad reality: parents are time-poor and sometimes fitting in a workout can be at the expense of family time.

So how to combat this?

Family-friendly bootcamps are not only fun and addictive for children, but also an opportunity for parents to spend some quality family time with their kids. It is a new training experience and one that is a simple step forward in the battle with childhood obesity.

Don't be fooled! Family-friendly bootcamps and outdoor group classes are not just aimed at kids. They are scalable and will challenge adults as well. They are designed to be fun and a well-rounded workout for participants of all ages and fitness levels.

HIGH METABOLIC TRAINING FOR FAMILIES



1
MONTH

4
WEEKS

SESSIONS
12

SPECIALTY PROGRAM

A specialised outdoor group training program with 12 high-intensity workout sessions.

TRAINING PROGRAMS

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

PAGE BREAK

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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

2

Dear Fitness Professional,

Welcome to High Metabolic Training For Families, a specialised 1-month bootcamp program that introduces you to one of the many hundreds of fitness workouts provided by Bootcamp Alliance.

All bootcamp programs are inspired and written by military experts with strong fitness backgrounds. They're designed to save you time, keep your workouts fresh, and help you focus on building a successful business.

Each program is unique, scalable for different clients, adaptable to your business, and complete with alternative exercises and safety tips.

Enjoy!

300+
WORKOUT
SESSIONS

2
EDUCATION
COURSES

6
INDUSTRY
BODIES

BOOTCAMP ALLIANCE

The Bootcamp Alliance is the original and only international bootcamp and outdoor group fitness education provider.

We are military and fitness experts providing training and resources to members dedicated to maintaining a high standard of outdoor training.



"Recognised by more than four international industry organisations."

BECOME A MEMBER

And get instant access to course and business support material. Plus, tons of training ideas!

- Training programs and lesson plans
- Administration tools (forms, *Bootcamp Operations Manual*, branding kit ...)
- Drill and activity ideas (videos, challenge cards ...)

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

VISIT WEBSITE

www.bootcampalliance.com

GLOBAL ACCREDITATION



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

BOOTCAMP ALLIANCE | TRAINING PROGRAMS

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PAGE BREAK

LOOKING AHEAD

PROGRAM OVERVIEW

RISK OF
INJURY
MED

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

The goal of High Metabolic Training For Families is to challenge all fitness levels with a series of high-intensity workouts focused on muscular endurance, cardiovascular endurance, teamwork, plus kid-friendly sessions (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.



6 WEEKS / 2 SESSIONS PER WEEK

6 WEEKS / 3 SESSIONS PER WEEK

01	01	ROB THE NEST	TEAMS OF THREE 2	10	09
02	02	PEG OFF	54 PICK-UP	11	10
03	03	BIRTHDAY SPECIAL	SUPER STORES TEAM CHALLENGE	18	11
04	04	SKIPATHON 2	ROB THE NEST 2	12	
05	05	ROLL THE DICE	10s SUPER CARD-OFF	13	
06	06	ROCK, SCISSORS, PAPER 2	TEAM CENTURION (BAG/LOG PUSH)	14	12
07	07	10s SUPER CARD-OFF	PEG OFF	15	
08	08	LUCKY CARD	LUCKY CARD	16	
	09	TEAM CENTURION (NO BAG PUSH)	SKIPATHON 2	17	

KEY RISK

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

BOOTCAMP ALLIANCE | TRAINING PROGRAMS

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HMT FOR FAMILIES

ROB THE NEST

Gather up your equipment—you'll need plenty!

Rob The Nest is an old-school yard game ideal for a basketball court or a similar size area. Place a cone (nest) at each corner and allocate a nest to each participant. There are now 4 teams. In the very centre, mark out a 2 x 2 metre area with cones and scatter plenty of equipment within.

Over 3 x 12-minute rounds, teams are to collect as many equipment pieces as possible. Which team will gather the most equipment and return it to their nests? Oh yeah, to pick up a piece of equipment, participants are to complete 2 x Exercise 1; to drop-off a piece, 2 x Exercise 2.

To scale the program, alter exercises or repetitions for individuals or the entire class.

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



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, and collisions.

"Don't forget to place a few mats at nests to assist participants with ground-based exercises."

MAINWORKOUT

Suggested rounds (to pick up equipment | to drop-off at nest):

1: Pick up: 2 x Toyotas | Drop-off: 2 x Seated leg extensions.

(1-2 minutes rest/drinks break.)

2: Pick-up: 2 x Burpees | Drop-off: 2 x Sit-ups.

(1-2 minutes rest/drinks break.)

3: Pick-up: 2 x Toyotas | Drop-off: 2 x Mountain climbers.

When the centre is empty, teams are allowed to raid other nests for equipment—but don't forget the pick-up/drop-off rule.

Depending on your class size, ensure only one team member at a time is robbing nests. All of other team members are jogging on the spot. **Note:** participants can only carry one piece of equipment at a time and cannot block other participants at any time.

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

Medicine balls or tennis balls or hand-weights or skipping ropes or exercise bands ... | Cones | Stopwatch | First aid kit | Mobile phone.

BOOTCAMP ALLIANCE | TRAINING PROGRAMS

1

PAGE BREAK

HMT FOR FAMILIES

PEG OFF

Which team can collect the most pegs?

Peg Off is conducted over a 30- to 40-metre shuttle run (total run: 60 to 80 metres) scattered with coloured pegs. Each coloured peg represents an activity.

Working in pairs or small teams (groups of 3) from the baseline exercise station, one participant from each group runs the shuttle, picks up a peg and returns to the baseline. In pairs or teams, the exercise is conducted together while another team member runs out and repeats the process. This continues for 3 x 12-minute rounds.

To scale the program, increase or decrease the shuttle run length and/or set alternative exercises. Keep in mind, this is a high-intense program built around competition.

Don't forget to demonstrate and explain correct conduct of the transition and all 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 injuries, and collisions.

"Provide a whiteboard or laminated cards for each team."

MAINWORKOUT

Suggested rounds:

Round 1:

Red=Squats / Green=Push-ups on knees (or toes) / Yellow=Seated leg extensions / Blue=Plank-jacks.

Round 2:

Red=Toyotas / Green=Push-up planks / Yellow=Oblique twists / Blue=Burpees/planks.

Round 3:

Red=Squats / Green=Push-ups on knees (or toes) / Yellow=Seated leg extensions / Blue=Plank-jacks.

For Round 1, don't place the pegs too far out. Allow participants an opportunity to familiarise themselves with the lesson.

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

Coloured pegs | Stopwatch | First aid kit | Mobile phone.

BOOTCAMP ALLIANCE | TRAINING PROGRAMS

2

HMT FOR FAMILIES

BIRTHDAY SPECIAL

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.

"Consider providing a whiteboard or a piece of paper with a list of all exercises that can be viewed by all."

MAINWORKOUT

Suggested rounds (based on 8 rounds per example):

- Round 1:** 1 x Shuttle run (30 to 40 metres).
Round 2: 2 x Sit-ups | 1 x Shuttle run.
Round 3: 3 x Lunges (each leg) | 2 x Sit-ups | 1 x Shuttle run.
Round 4: 4 x Mountain climbers | 3 x Lunges (each leg) ... 1 x Shuttle run.
Round 5: 5 x Burpees/grunts | 4 x Mountain climbers ... 1 x Shuttle run.
Round 6: 6 x Oblique twists | 5 x Burpees/grunts ... 1 x Shuttle run.
Round 7: 7 x V-sit toe-touchers | 6 x Oblique twists ... 1 x Shuttle run.
Round 8: 8 x Push-ups | 7 x V-sit toe-touchers | 6 x Oblique twists ... 1 x Shuttle run.

If time permits, consider completing the pyramid in reverse (dropping off an exercise each 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

Cones | Stopwatch | First aid kit | Mobile phone.

BOOTCAMP ALLIANCE | TRAINING PROGRAMS

3

PAGE BREAK

HMT FOR FAMILIES

SKIPATHON 2

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 technique and fatigue leading to strains and sprains.

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

MAINWORKOUT

Suggested rounds (12 minutes each):

- 1:** 3 x Toyotas.
2: (3 x Toyotas) + (3 x Push-ups).
3: (3 x Toyotas) + (3 x Push-ups) + (3 x Sit-ups).

If time permits:

- 4:** (2 x Toyotas) + (2 x Push-ups) + (2 x Sit-ups) + (2 x Burpees/grunts).

The participant at the end of the 30-minute time period with the least amount of rounds completed is the winner.

Don't forget to scale exercises, as required. Plus, provide mats if skipping on a hard surface.

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

Skipping ropes | Cones | Mats | Chalk or pen and paper | Stopwatch | First aid kit | Mobile phone.

BOOTCAMP ALLIANCE | TRAINING PROGRAMS

4

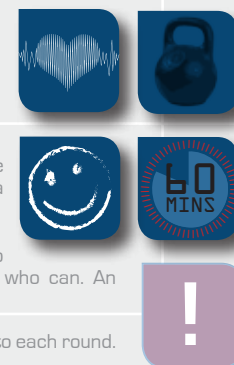
"On my birthday my PT gave to me ..."

Birthday Special is based on the classic Xmas jingle—"On the 12th day of Xmas ..."

It is a basic compounding and pyramid circuit starting with "On my first birthday my PT gave to me ..." and ending with ... well, the number of rounds depends on how old the kid/adult is turning on the day. For example, if the participant is turning eight, 8 rounds is required.

Each round an additional activity is added, so by Round 8, for example, participants are required to complete all 8 activities. Each activity is decided by a lucky dip. Get into the spirit—sing along as a group!

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



HMT FOR FAMILIES

ROLL THE DICE

2
2



1, 2, 3, 4, 5, 6.

Roll The Dice is a static activity conducted in a circle format over 12-minute rounds (up to 3 to four rounds).

A list of exercises is clearly numbered 1 to 6 on a board or sheet that is visible to participants. (Consider using a different list of exercises for each round.)

Two dice are rolled: Dice 1 indicates the activity to be completed as a group (1 to 6); Dice 2 indicates the number of repetitions to be completed (multiplied by a pre-determined number; for example: x 5 — if a 6 is rolled it is multiplied by 5 = 30 repetitions).

Don't forget to demonstrate and explain correct conduct of the transition and exercises prior to 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 conditioning in new clients and fatigue.

"It is important that the dice rolling is quick to ensure the intensity level remains high."

MAINWORKOUT

Suggested rounds (2-minute drinks break and rest between rounds):

Round 1 (Dice 2: x2):

- Squats.
- Sit-ups.
- Push-ups.
- Star-jumps.
- Grunts.
- Exercise 1 to 5 (in order).

The session can be conducted as one large group or a number of small groups that can compete against each other.

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

Dice (2) | Resistance bands | Hand-weights or kettlebells | Medicine balls | Stopwatch | First aid kit | Mobile phone.

BOOTCAMP ALLIANCE | TRAINING PROGRAMS

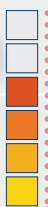
5

PAGE BREAK

HMT FOR FAMILIES

ROCK, SCISSORS, PAPER 2

2
3



A new take on an old-school game.

Rock, Scissors, Paper is a simple and fun blood shunting game. In pairs, partners face off and play a game of rock, scissors, paper. The participant that loses (for example: rock beats scissors) undertakes 3 repetitions of a designated static exercise while their partner jogs on the spot or finds a new challenger to compete against. If there is a draw (for example: both participants show paper) the pair is to complete a 20-metre out-and-back shuttle run.

Once the activity is completed, the game is repeated. The goal is to complete as many games as possible in each 10- to 15-minute round. Which team will complete the most games?

To scale the program, increase the number of repetitions or add additional exercises. Another idea: remove the shuttle run; if there is a draw, both participants complete the static exercises.

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 technique and fatigue leading to injuries and sprains.

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

MAINWORKOUT

Suggested rounds (12 minutes each):

Round 1 (to be completed by the loser):

3 x Toyotas.

Round 2 (to be completed by the loser):

3 x Push-ups.

Round 3 (to be completed by the loser):

3 x Sit-ups.

Round 4 (to be completed by the loser):

3 x Burpees/grunts.

If there is a draw, both participants are to complete the shuttle run or complete the designated exercise.

Feel free to play around with different exercise options. However, keep in mind: increasing repetitions will result in the winner having a longer rest period.

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 | First aid kit | Mobile phone.

BOOTCAMP ALLIANCE | TRAINING PROGRAMS

6

HMT FOR FAMILIES

10s SUPER CARD-OFF

3



10-minute rounds; 10 exercises; 10 repetitions.

10s Super Card-off is a great team exercise that requires 2 groups (led by an instructor each) to face-off against each other to complete the activity cards selected from the deck.

A team member picks a random card (from a 10-card deck) from the instructor and reads it to the team who immediately complete 10 repetitions of the card activity. As soon as a team member completes the activity, another card is selected and the entire team transition to the new activity. Each completed card is worth 1 point.

It's similar to cards, however, instead of running around, Card-off asks participants to stand their ground and compete (keep it friendly). The losing team has to conduct a penalty.

Don't forget to demonstrate and explain correct conduct of the exercises prior to each 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 technique and fatigue leading to strains and sprains.

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

MAINWORKOUT

Suggested rounds (10 minutes each):

Round 1: Push-ups / squats / sit-ups / push-up planks / reverse bridge raises / oblique twists / dips / lunges (L) / lunges (R) / mountain climbers.

Round 2: Hands-off push-ups / toyotas / butterfly sit-ups / plank alternate leg raises / plyo lunges / grunts / plank jacks / donkey-kicks / star-jumps / get-ups.

The participant at the end of the 30-minute time period with the least amount of rounds completed is the winner.

Don't forget to scale exercises, as required. Plus, provide mats if skipping on a hard surface.

An idea, provide a few different sets of 10-card decks to vary the exercises.

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

Mats | A few 10-card activity decks | Stopwatch | First aid kit | Mobile phone.

BOOTCAMP ALLIANCE | TRAINING PROGRAMS

7

PAGE BREAK

HMT FOR FAMILIES

LUCKY CARD

3



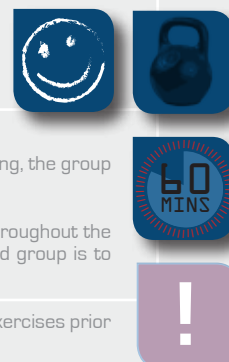
Take a guess!

Lucky Card asks participants to compete as a group against the instructor.

A participant is to select a card from the instructor and guess what card it is — hearts, diamonds, spades, clubs — before looking at it. If the group is correct, the instructor is required to complete 3 repetitions of a selected exercise; if wrong, the group is to complete the repetitions.

Two exercises are provided for each 12-minute round and should be rotated throughout the round per the instructor's cadence. If a joker is picked, both the instructor and group is to complete 10 repetitions of both exercises.

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 technique and fatigue leading to injuries and sprains.

"Best conducted in a circle format with the instructor in the centre."

MAINWORKOUT

Suggested rounds (12 minutes each):

Round 1 (to be completed by the loser):

3 x Push-ups and squats.

Round 2 (to be completed by the loser):

3 x Plyometric lunges or star-jumps (kids) and oblique twists.

Round 3 (to be completed by the loser):

3 x Burpees/grunts and plank-jacks.

Round 4 (to be completed by the loser):

3 x Toyotas and mountain climbers.

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

Ground mats | Deck of cards | Stopwatch | First aid kit | Mobile phone.

BOOTCAMP ALLIANCE | TRAINING PROGRAMS

8

HMT FOR FAMILIES

TEAM CENTURION BAG/LOG PUSH

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

Which team will complete 100 repetitions first?

Team Centurion Bag/Log Push is an endurance competition in which participants (in teams of 2) must work together to complete 100 repetitions of each exercise on a list (in order).

Participant 1 commences a the first exercise while Participant 2 completes a shuttle run (pushing a piece of equipment; for example, a 10 to 15kg bag or sled). When Participant 2 returns, the roles swap. The goal is to achieve a team total of 100 repetitions before moving on to the next exercise on the list. The first team to complete 100 repetitions of all 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.

MAINWORKOUT

Suggested exercise list:

- 1: Body-weight squats.
- 2: Push-ups (on toes or knees).
- 3: Grunts.
- 4: Lie down and get up.
- 5: Double-leg extensions.
- 6: Plank-jacks.
- 7: Toyotas.
- 8: Dips.
- 9: Mountain climbers.
- 10: Push-up + plank combos.

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

Sandbags or punch bags or medicine balls or log (per pair) | Ground mats | Stopwatch | First aid kit | Mobile phone.

BOOTCAMP ALLIANCE | TRAINING PROGRAMS

9

PAGE BREAK

HMT FOR FAMILIES

TEAMS OF THREE 2

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 and sprains. "Consider providing a whiteboard or a piece of paper with a list of all exercises that can be viewed by all."

Three times the fun!

Teams of Three 2 is a muscular endurance race that requires participants to work in teams of three to complete as many rounds as possible within 5 x 5-minute sets. Each set has an allocated exercise.

Participant 1 is to complete 3 repetitions, followed by Participant 2 (who begins when Participant 1 has completed the second repetition), followed by Participant 3 (who begins when Participant 2 has completed the second repetition), followed by Participant 1... this process continues for the entire set. Which team can complete the most rounds?

To scale the program, alter exercises or repetitions for individuals or the entire class.

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

MAINWORKOUT

Suggested sets (5 minutes each):

- 1: Bodyweight squats.
(1-minute rest/drinks break.)
- 2: Push-ups (on knees).
(1-minute rest/drinks break.)
- 3: Oblique twists (with med-ball).
(1-minute rest/drinks break.)
- 4: Burpees/grunts.
(1-minute rest/drinks break.)
- 5: Med-ball slams (2 x med-balls per team; 1 x slam per team member).

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

Medicine balls | Ground mats | Stopwatch | First aid kit | Mobile phone.

BOOTCAMP ALLIANCE | TRAINING PROGRAMS

10

HMT FOR FAMILIES

54 PICK-UP

4
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 injuries and sprains.

"The team is to call out the cadence for the exercise together before picking the next card (aids is slowing down the activity)."

54 pick-up for families.

54 Pick-up uses a deck of playing cards, with each suit representing an exercise and the number on the card representing the repetitions (or scaled accordingly by the instructor).

Picture cards can be 15 repetitions; Jokers require participants to complete 10 to 15 repetitions of all exercises.

The cards are placed face down on the ground. A participant picks a card and the group must complete the activity. As soon as the activity is completed, another participant must immediately pick up another card. The round ends when all 54 cards have been picked up.

Want a challenge? Card-off 54 Pick-up gets 2 teams competing against each other.

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

MAINWORKOUT

The session contains 3 x 12-minute rounds with a 2-minute break between each round. For example:

- Round 1:**
- ♥ Push-ups.
 - ♦ Sit-ups.
 - ♠ Squat jumps/toyotas.
 - ♣ Burpees.
- Round 2:**
- ♥ Leg lunges (R).
 - ♦ Leg lunges (L).
 - ♠ Crunches (toe-touchers).
 - ♣ Plyometric jumps.
- Round 3:** Complete remaining cards left face-down; rotate through the exercises as a group, completing 3 repetitions of each.

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

1 or more sets of playing cards | Exercise cards | Stopwatch | First aid kit | Mobile phone.

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PAGE BREAK

HMT FOR FAMILIES

SUPER STORES TEAM CHALLENGE

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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 poor technique.

"Ensure all equipment is in good condition and appropriate for the participants and workout session."

Teamwork eases the load.

Super Stores Team Challenge is a stores-carry challenge that asks 2 teams of participants to carry all of their assigned equipment from point A to B (and B to A) as many times as possible within a 30-minute challenge. It can also be conducted in pairs. To enhance the competition, assign points to the different equipment and issue penalties for poor lifting technique.

Remember, the focus is teamwork—it doesn't matter whether the participants are moving 100 bean bags or heavy sandbags, teams must work together to get the job done. A point is awarded for each piece of equipment moved from one end to the other; the same piece of equipment cannot be moved again until all equipment has been moved.

Don't forget to demonstrate and explain correct conduct of the transition and exercises (including proper lifting and carrying techniques) prior to each activity.

MAINWORKOUT

Suggested equipment for a class of 10 to 18 participants is:

- 1: 15 to 18 metre x 66mm battle rope.
- 2: 4 x 2 to 10 kilogram med-balls.
- 3: 2 x 5 to 10 kilogram sandbags.
- 4: 1 x 15 to 20 kilogram sandbag.
- 5: 2 to 4 x small hand-weights.
- 6: 1 x 10 to 20 kilogram tyre or ammo box.

Note: any equipment over 10 kilograms is a 2-person (minimum) carry. Participants are to rotate through the equipment.

Handicapping options: vary distance, weighted vests, equipment for different age groups ... and make sure each team is handicapped to make it a fair competition.

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

Stores (for example: hand-weights, medicine balls, tennis balls, bean bags, punching bags, backpacks ... | Cones | Stopwatch | First aid kit | Mobile phone.

BOOTCAMP ALLIANCE | TRAINING PROGRAMS

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