

| | | | |
|--|------------|--|---|
| 20 kettlebell swings 30 sec. wall sit | run | 10 bosu crunches 10 stability ball roll-ins | 10 right hooks 10 left hooks 10 squat jumps |
|--|------------|--|---|

PBFINGERS.COM **BOOT CAMP WORKOUT**

| | | | |
|--------------------------------|-------------------------------|--|-------------------------------|
| 15 wall balls 15 ball slams | 30 high knees 15 deadlifts | 10 chest presses 10 tricep dips 10 chest flies | 20 skaters 20 upright rows |
|--------------------------------|-------------------------------|--|-------------------------------|

| | | | |
|-------------------------------|-----------------------------|--|---|
| 30 arm circles 10 push ups | 10 box jumps 10 step ups | 15 donkey kicks (each leg) 30 pulsing bridges | 25 jump rope 25 side kicks (each side) |
|-------------------------------|-----------------------------|--|---|

| | | | |
|---|---|-------------------------------|---|
| 15 overhead tricep extensions 10 squat to overhead press | 30 sec. shuffles 10 right leg kicks 10 left leg kicks | 15 bicep curls 15 low rows | 30 sec. side plank (l) 30 sec. side plank (r) 30 crunches |
|---|---|-------------------------------|---|

| | | | |
|-------------------------------------|---|---|-----------------------------------|
| 20 plank jacks 20 pulsing squats | 15 alternating lunges 15 side lunges (each side) | 30 sec. plank 20 crunches (r) 20 crunches (l) | 10 tricep push ups 10 froggers |
|-------------------------------------|---|---|-----------------------------------|



**KIDS
BOOTCAMP**



KIDS
BOOT CAMP

Warm-up Simon Says...



TABATA
FUN!

Frog Jumps

Cross-Country Skiers

Bear Walks

Burpees

TABATA
FUN!

Jumping Jacks

Squat Jacks

Speed Skaters

Burpees

Partner Core

High 5 Sit-ups-#10

Back-to-back weight pass-#10R
#10L

Plank High 5's-10

Partner Leg Lifts



Cone Up Cone Down

Here's an easy game that's gets everyone running and warmed up...

Players: 2+

Equipment: Cones

Game: Spread at least 10 cones out randomly in an area, making sure to leave several yards of distance between cones. Split players into 2 even teams. **One team will try to knock over the cones (Down Team), while the other team will try to set them right side up (Up Team).** Since it is easier and quicker to knock cones over than it is to set them upright, I like to **make the Down Team do a squat jump with each knock-over, while the Up Team does a squat to grab each cone and turn upright.** I play this in rounds of about 2 or 3 minutes. Use an odd number of cones if you don't want ties. You may or may not allow kicking of cones, your call.

Time to Cool-Down & Stretch





KIDS
BOOT CAMP

Warm-up Simon Says...



TABATA FUN!

Goblet Squats

Around the world

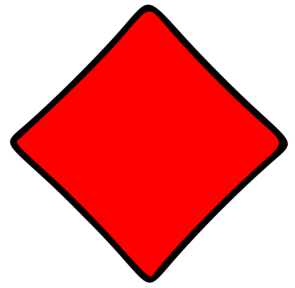
Single Arm Press

Burpees



Let's Play Cards!





Goblet Squats



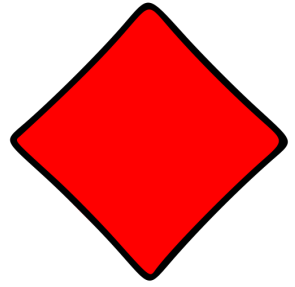
Curl-ups



Jumping Jacks



Push-ups



Choice 1



Choice 2



Choice 3



Choice 4

Touch Wrestling

- This game works great as a warm-up and it always gets people laughing and interacting.
- **Players:** 2+
- **Equipment:** None
- **Game:** Players get into groups of 2 more. **Players must try to tap the other players' shoulder or calf**, while preventing the same from happening to themselves. **Players score 1 point for each tap** (no-double tapping allowed – players must switch hands with each tap!). Standard format I use is to have groups of 2 try to tap shoulders for 1 minute, then knees/calves for 1 minute, then both shoulders and calves for 1 minute. A lot of fun and gets people very loose. It helps if players are of a similar ability level and height (taller people have longer reach advantage). You can see a round of it being played here:





Time to Cool-Down & Stretch





KIDS
BOOT CAMP

Warm-up Simon Says...



TABATA FUN!

Plank hold

Squat jacks

Crabby kicks

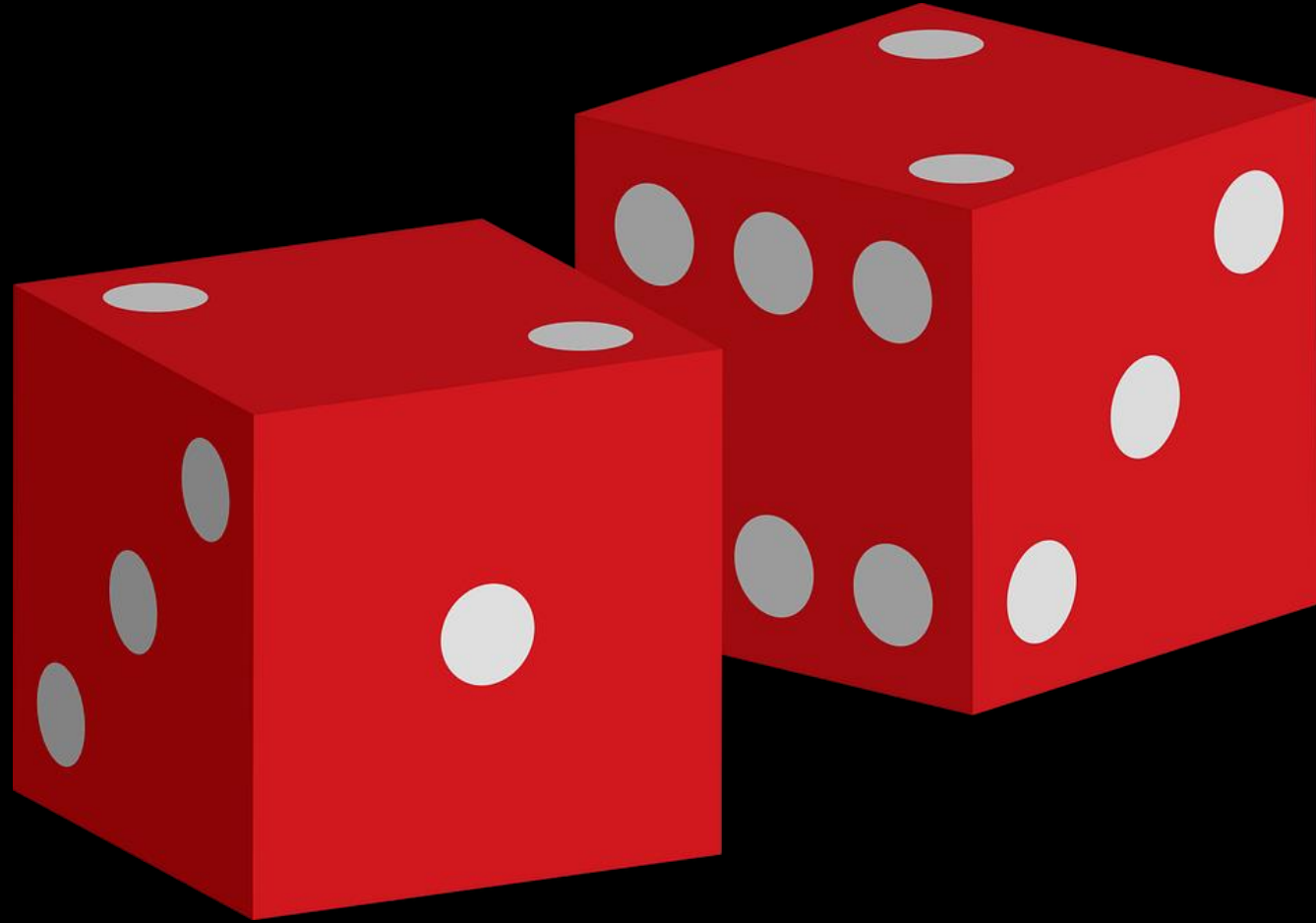
Burpees

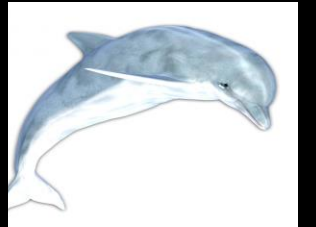
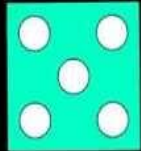
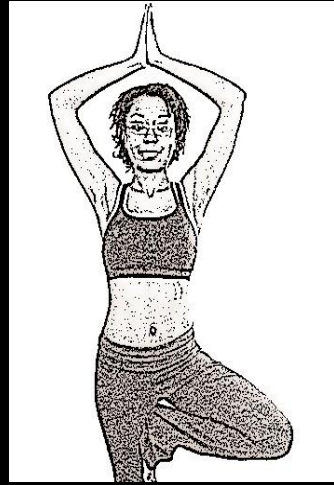
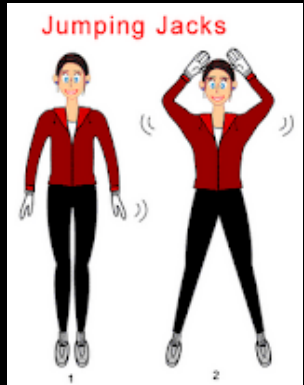


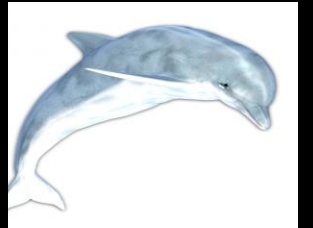
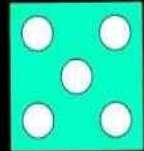
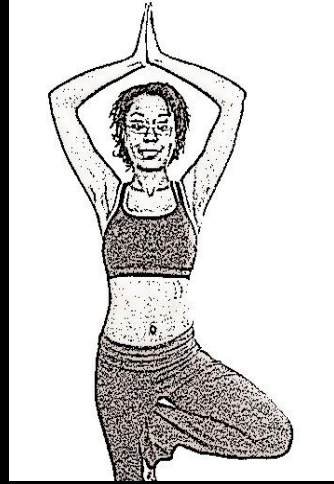
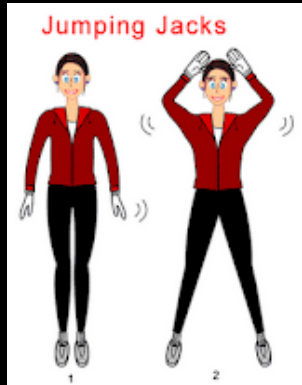
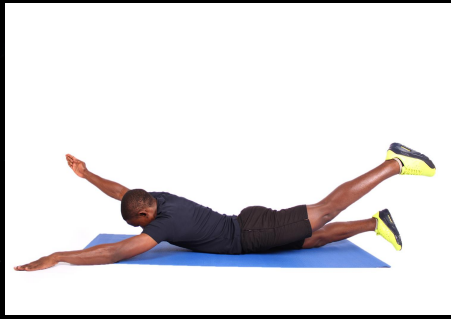
Skill-of-the
day



Roll-A-Dice Animal Fitness Game









Roll the Dice Animal Fitness Groups

Rotation of Animal Fitness Movement Roles

GROUP of 5

1. Small dice-rolls dice and adds

2. Large Dice-rolls large dice

3. Leader-counts and leads exercises

4. Student 1-follows leader

5. Student 2-follows leader

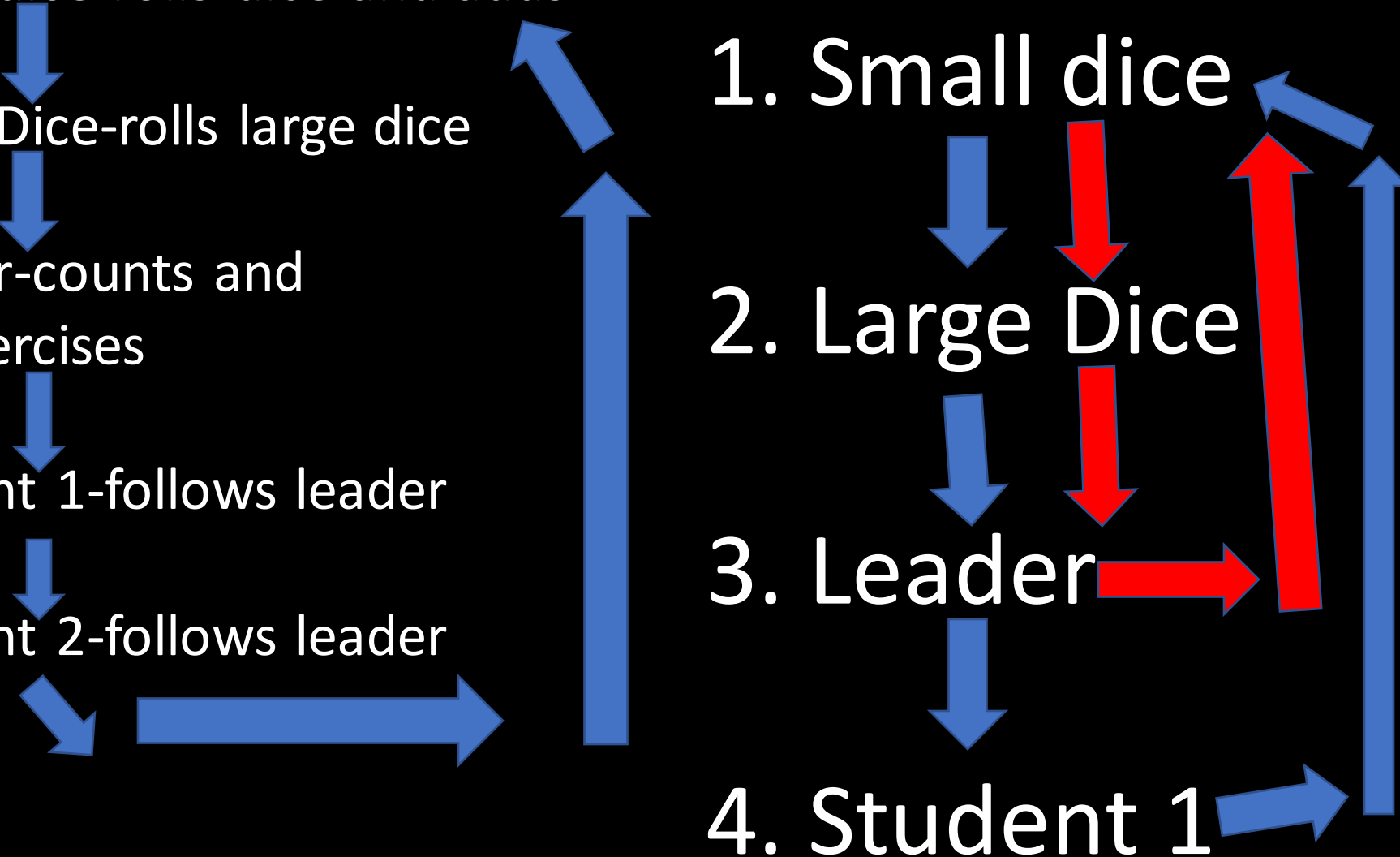
GROUP of 4/3

1. Small dice

2. Large Dice

3. Leader

4. Student 1



Touch Wrestling

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Musical Mats

