XTREME BOOT CAMP GAMES
How to create indoor boot camp obstacle courses

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Disclaimer

You must get your physician’s approval before beginning this exercise program.

These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don’t lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don’t perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don’t perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training or games.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including Turbulence Training Boot Camp Games. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don’t use Turbulence Training Boot Camp Games, please follow your doctor’s orders.
Obstacle Course Format

The most efficient way to conduct an obstacle course is to keep everyone active at all times. This ensures a high level of activity for all parties involved. One of the biggest flaws I have seen with doing obstacle course work is the inactivity of all but one member of the team. Everyone stands and watches while waiting their turn. This is NOT the way these should be conducted.

Instead, have everyone that is waiting stand in a line and perform exercises. This is what we like to consider “active rest”. This way, people feel like they are constantly doing something and they won’t get bored. To properly do this, have everyone in line perform an exercise until the person running through the course has completed the last obstacle. Then, once they have completed the course, the next person will get ready for their turn and you will give everyone in line a new exercise to do. My recommendation on this is to keep the exercises relatively “low/moderate” intensity. This way they can complete the course safely and at a better energy level.

When to do obstacle courses

I have used obstacle courses in place of games at the end of class. However, feel free to use them whenever. This can be a great tool to use in the middle of workouts as well. I would recommend using moderately intense exercises for active rest if you are using obstacle courses for a workout.

These would be a great method of warm up as well. Obstacle courses are an outstanding way to ramp up the energy before you begin a workout. There is really no “right” or “wrong” when it comes to obstacle courses. Just keep varying your application of them. That way your clients are always surprised.

How to make Obstacle Courses into competitions

The best way to do this is to time the obstacle course. By that I mean, time how long the person takes to complete the whole course. Have someone keep track of the top time and the person with the best time wins. In the event of a tie, have the people who are tied go back through the course and see if the times change.

Basic Rules

1. If you knock cones down, it is 1-2 pushups per cones knocked down (unless you are suppose to knock them down).
2. Instructors and assistant instructors are responsible for setting the courses back up after each run if needed.
3. If the course has an obstacle like “bowling” or “bucket tossing” in it: if all of the balls don’t go in the bucket or cones don’t get knocked down, then the person will get an incomplete for that part of the course. This is a great way to break ties up...
Supplies Needed

- 2 x Agility Ladders
- 2 x Kettlebells
- 2 x Dumbbells (about 10-20 lbs)
- 1 x Dumbbell (about 40-60 pounds)
- 2 x Battle Ropes
- 1 x Plyometric Box
- 2 x Bags of Tennis Balls
- 8 x Cones
- 4 x Medicine Balls
- 1 x Towel
- 4 x Hula Hoops
- 1 x Stability Ball
- 1 x Bucket/Pale

*These are very similar to the supplies you will need to play the boot camp games.

Obstacle Courses
1. **Jumping Jam**

1. Single Leg Hops through the agility ladder.
2. Single Leg Hops (opposite side) around cones.
3. Side to Side Hops moving down the ropes.
4. 5 Pushups
5. Hula Hoop Jumps

* Video Tutorial [HERE](#)
2. **Escape the Temple of Doom**

1. Lateral Hops through the hula hoops
2. 5 x Burpees
3. Army crawl around the cones (2 pushups for every cone knocked down)
4. Run between the ropes without getting hit by the Stability Ball
5. The instructor will roll the stability ball between the ropes and try to hit the client. The assistant will grab the ball and roll it back to the instructor. To make it harder, if the client dodges the ball and the assistant grabs it, the assistant can now try to hit them with the ball.

* Video Tutorial [HERE](#)
3. **Bear Olympics**

1. Bear Crawl toward the pile of tennis balls
2. Stand behind the towel and try to toss all of the balls into the bucket
3. “In & Outs” down the agility ladder
4. Move the medicine ball around the cones with your feet, like a soccer ball.
5. After you get around the last cone, stop moving and kick the ball trying to get it between the two cones that are spaced about 16 inches apart.

* Video Tutorial [HERE](https://www.ttbootcampa)
4. **Suicide Bowling**

1. “Ali Shuffle” down the agility ladder
2. 5 x Squat Hops
3. Start by touching the towel with your hand.
4. Run down to the first cone and then back to the towel. Then, run down to the second cone and back to the towel. Repeat until you have touched all 4 cones in “suicide” fashion.
5. Grab one medicine ball at a time and try to knock down each cone, one at a time in a “bowling” fashion.
6. Run down to the cones and set them back up.

* Video Tutorial [HERE](#)
5. **Crab Suicide Grab**

1. Crab crawl down the floor toward the Plyo Box.
2. Do 5 box hops or step ups on the Plyo Box.
3. “Hand Icky Shuffle” down the agility ladder.
4. Start by standing in the hula hoop.
5. Run down and grab the first Medicine Ball, run back to the hula hoop and place it in the hoop.
6. Repeat the medicine ball grab process in “suicide” fashion until the last (furthest) medicine ball is in the hoop. Then run to the finish line.

* Video Tutorial [HERE](#)
6. **Square of Doom**

   1. 10 x Rope Slams
   2. Standing Double Kettlebell Press x 10 presses
   3. “Jumping Jack Hops” down the agility ladder
   4. Lateral Hops to each cone, moving down the floor
   5. In a Bear Crawl position, move the Medicine Ball to the finish line using *only* your hands.

* Video Tutorial [HERE](https://www.TTBootCampGames.com)
7. Boulder Press

1. Crab Crawl around cones (2 pushups for every cone you knock down)
2. Sprint in a straight line toward the Plyo Box
3. Jump up (or step up) onto the Plyo Box, turn to the right (facing the cones) and step down
4. Sprint down to the first cone and knock it down, then run back to the Plyo Box
5. Repeat this knock down process in “suicide” fashion until the last (furthest) cone is knocked down.
6. Grab the first Medicine Ball and do 10 standing presses with it. Then, place it on the ground.
7. Repeat the grab, press 10 times and set down process with all 4 of the Medicine Balls.

* Video Tutorial [HERE](#)
8. **Hoops and Ladders**

1. Grab the first Tennis Ball, run on the outside of the hoops and place it into the bucket.
2. Repeat this process until all of the Tennis Balls are in the Bucket.
3. "Single Leg Heisman" down the first ladder.
4. "Single Leg Heisman" with the **opposite leg** down the second ladder.
5. Do 10 Jumping Jacks.
6. Duck Walk around the cones.

*Video Tutorial [HERE](#)
9. **Renegade Challenge**

1. Grab the Dumbbells and Renegade Crawl down the floor toward the Ladder.
2. Perform Dumbbell Hops down the Agility Ladder.
3. Perform Lateral Hops moving down the rope while holding the Dumbbells.
4. Do “Duck Unders” while moving down the rope, *still* holding onto the Dumbbells.
5. Have the Instructor and an assistant hold the rope about chest height for everyone to do the “Duck Unders” with.
6. Put the Dumbbells back at the starting line to Finish.

* Video Tutorial [HERE](#)
1. Get in a Pushup position and side shuffle down the rope, keeping the rope lined up with your stomach.
2. Switch directions, still holding in the Pushup position.
3. Side shuffle in Pushup position down the next rope.
4. Grab the Medicine Ball and hug it into your chest.
5. Use both feet and hop into each hula hoop.
6. Sprint down to the towel, still holding the Medicine Ball.
7. Stand behind the towel and roll the Medicine Ball down the floor, trying to get it between the two cones spaced about two feet apart.

* Video Tutorial [HERE](#)
11. Triangle Madness

1. “Double Footed Step” down the Agility Ladder.
2. Do 5 Burpees.
3. Perform 10 waves on each side with the Battle Rope.
4. Do 5 pushups.
5. Crab Walk around the cones.

* Video Tutorial [HERE](#)