

TURBULENCE TRAINING BOOT CAMP GAMES

Boot Camp Starter Games



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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.

Boot Camp Starter Games

What are Boot Camp Starter Games?

These are activities that I sometimes have people do that show up a little before class time. Instead of having them just sit around or warm up on their own in a quiet room, I put on a little music at a low volume and have everyone play a “low intensity” game.

On a few occasions, I also use these games to actually warm the class up, instead of a traditional warm up.

Either way, these games will help shake up the monotony of your boot camp format.

Keep Away

Format: Two even teams of people

Supplies Needed: Tennis Ball or “Coosh” ball.

How to begin: Give the ball to one team.

Rules: That team has to constantly pass the ball to their teammates while the other team tries to intercept the passes.

Once the ball is grabbed by a teammate, they cannot move. They have to pass the ball immediately to a moving teammate.

This continues until class is ready to begin or the warm up is completed.

Hot Potato

Format: Every person for themselves

Supplies Needed: Tennis Ball or “Coosh” ball.

How to begin: Give the ball to one person.

Rules: The person with the ball has 2 seconds to toss the ball to someone else or they have to do 10 pushups.

If the ball gets dropped, everyone has to do 10 pushups.

Keep the ball moving around the room until class begins or the warm up is over.

Dice Game

Format: Every person for themselves

Supplies Needed: One die

How to begin: Give the die to one person

Rules: That person will roll the die to determine the exercises they will do. The numbers on the die match a particular exercise.

Example, if the die lands on:

1 = kneeling pushups

2 = squats

3 = hip lifts

4 = hops

5 = stick ups

6 = Spiderman climbs

**It's usually best to write these down on a piece of paper and post it for everyone to see.*

I usually have them do 2 reps of whatever exercise is chosen.

Once the exercise reps are completed, the person will toss the die to someone else. Then, they will roll.

Keep repeating this process until the warm up is completed or class starts.

**This game works great for warm ups!*

Bucket Toss

Format: Two even teams of people

Supplies Needed: Tennis Ball or "Coosh" ball and two buckets.

How to begin: Give the ball to one team. Place one bucket on one side of the room and the other bucket on the opposite side of the room.

Rules: Each team has to try and toss the ball into their team's bucket.

They have to pass the ball to their teammates. They cannot run with the ball.

The opposing team will try to block the tosses or intercept the passes, and then try to score points in their bucket.

Even if the ball bounces out of the bucket, it still counts as a point.

Follow the Leader

Format: One leader and everyone else is a team

Supplies Needed: None

How to begin: Choose someone to be the leader. They will stand at the front of the class with their back facing the group. This way everyone is facing the same direction. Everyone behind the leader will spread out.

Rules: The group of people has to do EXACTLY what the leader does in the EXACT direction the leader does it.

The leader will move in any direction they want with whatever motions they want. They could walk, jump, squat, do pushups, spin around, etc. MAKE IT CRAZY!

The group has to follow every motion in every direction.

After a few minutes, feel free to have them switch the leader.

Limbo

Format: Two holders and everyone else for themselves.

Supplies Needed: Broom stick or towel

How to begin: Give the broomstick or towel to the two holders and have them hold it about shoulder height. Everyone else will get in a line.

Rules: People in the line will move under the limbo stick by bending backwards trying not to fall down.

They cannot touch the stick in any way or they are out. If they fall down they are out.

If they are out they have to hold in plank position until the last person is standing.

Last person to make it under wins.

Winner will then choose another person to hold the stick with them for the next round.

Repeat this until class is ready to start.

Traveling Hula Hoop

Format: Everyone as a team

Supplies Needed: Hula Hoop

How to begin: Place the hula hoop on someone's shoulder and then have everyone hold hands and form a big circle.

Rules: The team must move the hula hoop around the circle by stepping through the center of the hula hoop to get to the other side.

Teammates cannot let go of their hands or else the entire team has to do pushups and the rotations start back at "one".

Every time the hula hoop gets back to the starting person it counts as one rotation. See how many rotations the team can complete in a time period.

**You could also split the group into two teams and do this game as a contest to see which team can get the most rotations in a time period.*

Duck, Duck, GOOSE

Format: One team of people and one "ducker".

Supplies Needed: None

How to begin: Have everyone hold in a squat position and form a big circle. Choose one person to stand up out of the circle. This person is the "ducker".

Rules: The "ducker" will walk around the circle touching the tops of everyone's head one at a time while saying "duck" every time they touch a head.

If they choose to say "goose" when they touch a head, that person has to stand up and try to tag the "ducker" before the "ducker" gets back to the spot where they were squatting.

Before the ducker can take their spot they have to run completely around the circle of people without getting tagged by the "goose".

If they get tagged then they have to be the "ducker" again.

If the "goose" cannot tag the "ducker" then they become the new "ducker".

This is a classic game, but adults seem to still love it 😊

People Mover

Format: Everyone as a team, one person is the commander

Supplies Needed: None

How to begin: Have one person be the commander. They will stand in front of the group of people, facing them. Everyone else is spread out facing the commander (preferably in toward the center of the room).

Rules: The commander will call out a direction (front, back, left or right).

When the commander calls out the direction, the group will start to move in that direction as a team.

Depending on what direction is called will depend on what exercise they do toward that direction.

Example: If the commander calls out:

Front = Forward Lunges

Back = Reverse Lunges

Right = Side shuffles

Left = Sideways Hops

It is the commander's job to prevent the group from smashing into obstacles like walls or posts. Everyone will keep moving in the direction called with the chosen exercise until the commander calls out the next direction.

Stability Ball Madness

Format: Two people on a team versus everyone.

Supplies Needed: Stability ball

How to begin: Give the team of two people a stability ball and have everyone else spread out.

Rules: The team of two people will use their hands to "smack" the stability ball and try to hit as many people as possible. Every time a person touches the ball, the team of two gets a point.

After the team of two people has earned 10 points, a new team will be made to take their place. This way everyone gets a chance to dodge the ball and hit the ball.

Everyone who is against the team of two will try their hardest not to touch the ball.