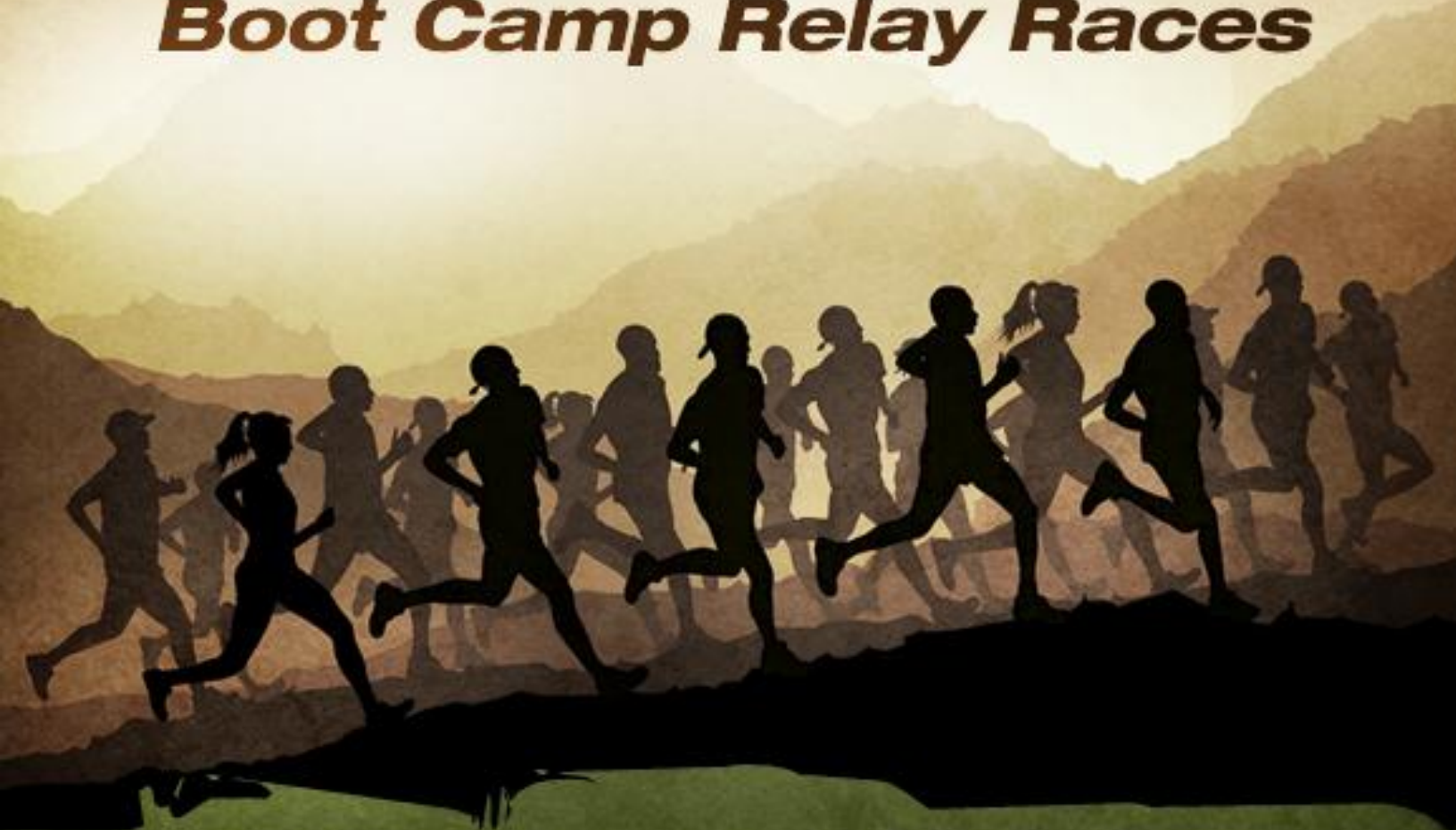


# TURBULENCE TRAINING BOOT CAMP GAMES

*Boot Camp Relay Races*



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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.

## **Turbulence Training Relay Races**

Here is a system that I developed to make creating a relay race as easy as 1-2-3 (LITERALLY). All you have to do is read the directions below and follow the chart included in this report.

### **Directions**

1. Choose a method for your relay race from the “Method” list.
2. Read up on the method so you understand how it plays out.
3. Choose exercises, transitions or BOTH to create your relay race.
4. Feel free to print out the chart to keep handy for reference.

### **Methods Explained**

#### **Down and Back**

**Set Up:** Both partners will be next to each other on one side of the room.

#### **To Start:**

1. Pick two exercises. One from “Exercise A” list and one from “Exercise B” list.
2. Designate a number of reps for the exercise from “Exercise A” list. I have found 10 to be the happy number, but feel free to experiment.
3. Have each team choose a partner to run down to the opposite side of the room and perform the reps for the” Exercise A”.
4. While they are doing “Exercise A” the other partner will be doing the exercise from “Exercise B” list.
5. Once “Exercise A” partner has completed the reps of that exercise, they will run back to their partner and slap high five.
6. Now the other partner will run down and perform “Exercise A” while the other person waits by doing “Exercise B” (They have switched rolls).
7. Feel free to repeat this pattern as many times as you feel necessary. You may even feel like doing timed intervals for this method.

\*For variation, have the person waiting do an exercise from “Exercise A” list and the other person do an exercise from “Exercise B” list.

## **Head to Head**

**Set Up:** One partner on one side of the room, the other facing their partner on the opposite side of the room (Face to face).

### **To Start:**

1. Pick an Exercise from either “Exercise A” or “Exercise B” list.
2. Determine the number of reps to be performed for that exercise.
3. Choose one partner to perform the exercise while the other partner cheers them on.
4. Once they have finished their reps, they will run down to their other partner and slap high five.
5. After the high five, the partner that was cheering will run down to the opposite side and do the exercise.
6. Once they are finished they will run back and slap high five with their partner.
7. You can continue this for a certain time interval or you can make it a race. It’s totally up to you.

## **Active Transition**

**Set Up:** Both partners on one side of the room standing next to each other.

### **To Start:**

1. Choose a transition from the “Transitions” list.
2. Have each team choose a partner to go first.
3. That partner will have to transition down to one end of the floor and back while the waiting partner cheers them on. *Example: Let’s say “Bear Crawl” was chosen. One partner would have to “Bear Crawl” down to one end of the floor and back.*
4. Once the partner is back, they will slap high five and the other partner will get to go down the floor and back.
5. You can repeat this as many times as you would like, or do it for a certain time interval.

\*To make things a little more advanced, feel free to combine the “Active Transition” method with the “Down and Back” or the “Head to Head” methods. To do this, all you have to do is choose a “transition” to do instead of running.

## Turbulence Training Relay Race Chart

Method	Exercise A	Exercise B	Transitions
Down and Back	Pushups	Total Body Extensions	Karaoke Drill
Head to Head	Plank to Pushup	Burpees	Side Shuffle
<i>Active Transition</i>	Close Grip Pushups	Squat Hops	Run Backwards
	Half Burpee	Prisoner Squats	Lateral Hops
	Off-set Pushups	Y-Squats	Bear Crawl
	Clap Pushups	Jumping Jacks	Army Crawl
	Down/Ups	Seal Jacks	Crab Crawl
	Cross Climbers	Jump Lunges	Spiderman Crawl
	Spiderman Climb	Run in Place	Long Jump
	Mountain Climbers	Calf Bounces	Single Leg Hops

***For Tutorials of these exercises and methods please click on the links below...***

[Exercise A](#)

[Exercise B](#)

[Transitions](#)

[Down and Back Method](#)

[Head to Head Method](#)

[Active Transition Method](#)