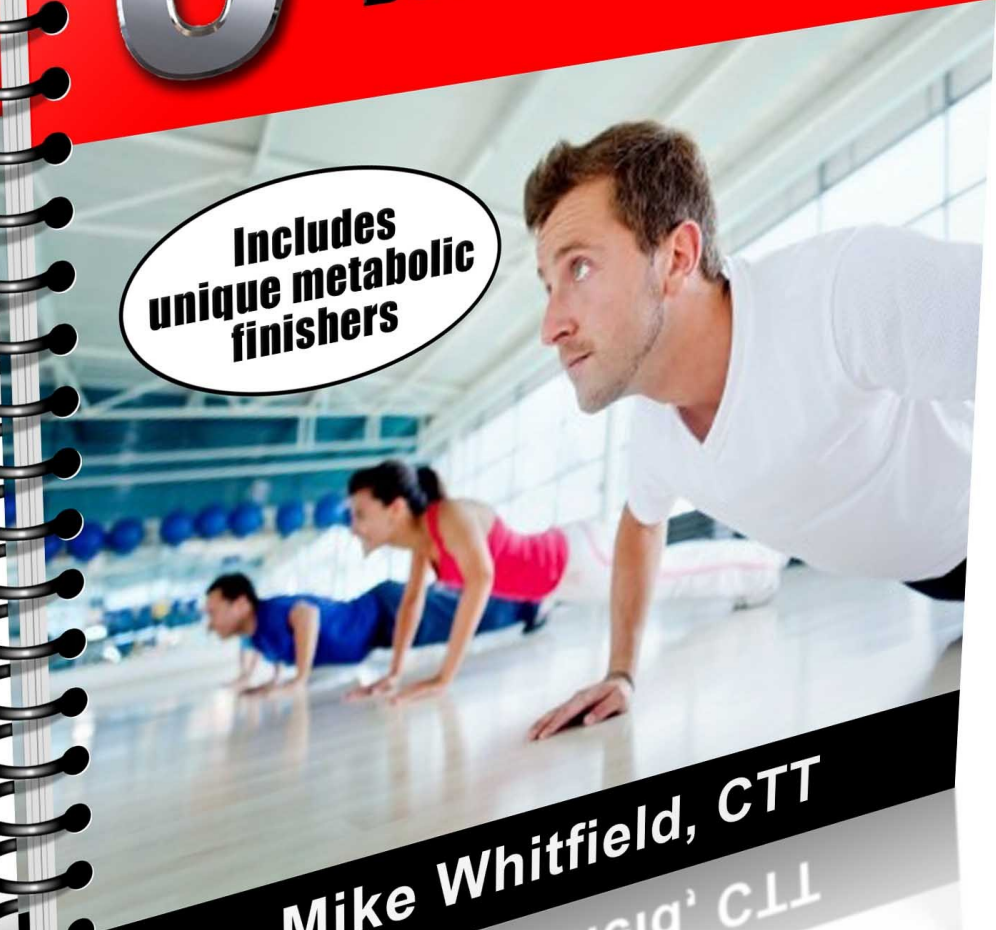


www.BootCampExercises.net

3

**Metabolic Resistance
Training
Bootcamp Workouts**

**Includes
unique metabolic
finishers**



Mike Whitfield, CTT

MIKE WHITFIELD, CTT

Welcome from BootCampExercises.net and Mike Whitfield...

Hi! Welcome to these awesome Metabolic Resistance Training Bootcamp Workouts.

You can use these workouts whether you are a boot camp instructor or you enjoy intense, but effective workouts using minimal equipment.

You'll soon discover that when you use metabolic resistance training along with metabolic finishers in your workouts, you're going to get better and faster results.

Here's just one person it's worked for, and that's me:



Mike Before



Mike After

So enjoy these workouts and share them with your friends, workout partners and use them with your bootcamps. You'll be the talk of the town!

To your success,
Mike Whitfield, CTT
www.BootCampExercises.net

Disclaimer:

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

The recommendations in this and any other document are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this or any other program or if you have any medical condition or injury that can possibly worsen with physical activity. This program is designed for healthy individuals 18 years and older only. The information in this document is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. Mike Whitfield, or anyone associated with Crank Training, LLC (formerly known/also known as Reflections Fitness) advises readers to take full responsibility for their safety and know their limits. Before partaking in the exercises in this or any other program, 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 fitness 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 any exercise including but not limited to interval training. 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 but not limited to Crank Training / WorkoutFinishers.com. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately. 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 this or any other program, please follow your doctor's orders.

Train SAFE!

- Don't do any exercises that you aren't sure how to do. Always get personal instruction from a certified trainer or ask for a substitute exercise.
- If it hurts, STOP! Don't be afraid to use alternative exercises. I don't believe in the "no pain, no gain" mentality.
- If you need extra recovery within the workout or between workouts, don't hesitate to take it. In other words, don't keep going if you're feeling dizzy!
- Just because something looks easy on paper doesn't mean you dismiss it. On the other end – if something looks too difficult, then be safe and use an easier exercise and adjust recovery and rest periods.
- If you want to start this or any other program but think you have an injury, get medical attention FIRST and have a professional therapist rehabilitate your injury before starting any exercise program.
- If you decide to use running as your form of interval training (especially sprints), make sure you have good running shoes and always do an extra thorough warm-up.

And for the "timed" sets, I strongly encourage you to buy a gymboss interval timer. For one thing, they are awesome. Also, they are inexpensive for what you get. Check them out at www.gymboss.com. Or you can use an interval timer application on your smartphone.



**Advanced Workout from the TT MRT Manual
Dumbbell/Bodyweight Supersets**

Warm-up

Do the following circuit twice, resting for 1 minute between circuits. Each exercise should be performed for 20 seconds

Prisoner Squat
Inchworm
Duck Unders
Bird Dog
Band Pulls or Stick-up

MRT DB/BW Superset

Do the following superset 3 times, resting for 1 minute between supersets. Each exercise should be performed for 30 seconds

Bodyweight Split Squat (1-1/2 rep style) (30 secs ea leg)
1-Arm DB Shoulder Press (30 secs ea side)

MRT DB/BW Superset

Do the following superset 3 times, resting for 1 minute between supersets. Each exercise should be performed for 30 seconds

DB Row (30 secs ea side)
Triple Stop Pushups

MCT Circuit

Do the following circuit 3 times, resting for 1 minute between circuits. Each exercise should be performed for 20 seconds

Lunge Jumps
Pushups
Bear Crawl
Swing Lunge (20 secs ea side)
Cross-Body Mountain Climbers
Shuttle Run

Finisher

Do the following superset 4 times. Rest 30 secs between supersets. Each exercise should be performed for 20 seconds

KB/DB Swings
Plank to Pushup

Cool-down, Stretching & Water Break – 10 minutes

**TT Bootcamp Addiction 2K12
from the TT MRT Bootcamp Manual**

Warm-up

Do the following circuit twice, resting for 1 minute between circuits. Each exercise should be performed for 20 seconds

Prisoner Squat
Spiderman Climb
Run in Place
T Pushups

Addiction Circuit

A special thank you to Martin Rooney, world famous strength coach, for sharing the 3-minute challenge in the April 2010 Men's Health issue (page 46). Do the circuit as shown. Rest when needed, but the clock will keep ticking. Do as many reps as possible in the time shown.

Pushups (3 minutes)
Rest 2 minutes

BW Squats (5 minutes)
Rest 2 minutes

Inverted Row or Strap Row or Band Row (3 minutes)
Rest 2 minutes

Burpees (3 minutes)
Rest 2 minutes

Walking Lunges (3 minutes)
Rest 2 minutes

Finisher

Do as many jumping jacks as possible in 2 minutes. Rest as needed, but the clock will continue to tick.

Cool-down, Stretching & Water Break – 10 minutes

The 150 Finisher
From the TT MRT Bootcamp Manual

Warm-up

Do the following circuit twice, resting for 30 seconds between circuits. Each exercise should be performed for 20 seconds.

Jumping Jacks
Prisoner Lunge
Pushups
Star Shuffle

MRT Circuit

Do the following circuit 3 times, resting for 1 minute between circuits. Each exercise should be performed for 30 seconds.

Lunge Jumps
Inverted Row or DB Row (ea side) or Band Row
Pike Pushup

MCT Circuit

Do the following circuit 3 times, resting for 1 minute between circuits. Each exercise should be performed for 30 seconds.

1-Legged Deadlift (30 secs ea leg)
Total Body Extensions
Spiderman Climb Pushups
Run in Place
Alligator Crawl

The 150 Finisher

Have your campers partner up. These will be teams. Tell your campers to encourage each other, even if they are not on the same team. Each team is to complete the following circuit as shown one time. They can split it up however they wish. For example, one person can do all the burpees while the other person does all the pushups.

Burpees (10)
Lunge Jumps (10 ea leg)
Pushups (30)
Total Body Extensions (40)
Jumping Jacks (50)

Cool-down, Stretching & Water Break – 10 minutes

Exercise Descriptions (in order of appearance)

Prisoner Squat

- Stand with your feet just greater than shoulder-width apart.
- Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Do not round your lower back.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Inchworm

- This is a powerful stretch for your hamstrings, so go slow, and don't round your back.
- Start in a modified push-up position, with your hands out in front of your shoulders.
- Keep your legs straight and walk your legs towards your hands.
- Go until you get a stretch, but don't round your lower back.
- Once you get a stretch, walk your hands out until you are in a modified pushup.



Duck Unders

- Stand with your feet hip width apart and hands held at chest level.
- Step to one side while simultaneously dropping your hips and squatting down.
- As you squat and step to the side, drop your hips so it appears you were ducking under something. Get as low as you can while keeping your chest up.
- Shift all of your weight over to the side you stepped towards and stand up with your feet together again. Then repeat in the opposite direction. Alternate sides.



Bird Dog

- Kneel on a mat and place your hands on the mat under your shoulders. You should be on “all fours”. Brace your abs.
- Raise your right hand and left leg simultaneously while keeping your abs braced.
- Point your right arm straight out from your shoulder and your left leg straight out from your hip. Your pelvis should not rotate (if someone placed a ball in the small of your back, it shouldn't have fallen off). Your back should be flat like a table.
- Hold for 3-5 seconds and then slowly lower without rotating your pelvis.



Band Pull

- Hold a resistance band with your hands spaced shoulder width apart.
- Using light to moderate tension, pull the band apart by squeezing your shoulder blades together. Slowly return to the start position.



Stick-up

- Stand with your back against a wall. Your feet should be 6 inches away from the wall and your butt, upper back, and head should all be in contact with the wall at all times.
- Stick your hands up overhead. Keep your shoulders, elbows, and wrists touching the wall. Slide your arms down the wall and tuck your elbows into your sides.
- This should bring your shoulder blades down and together, contracting the muscles between your shoulder blades as well as the shoulder muscles.
- From the bottom position, try to slowly slide your arms up until they are straight and in a "stick-em up" position. Try to improve your range of motion each week.
- The goal is to improve shoulder mobility and postural control.



Bodyweight Split Squat

- Stand with your feet shoulder-width apart.
- Step forward with your one leg, taking a slightly larger than normal step.
- Press the front of your back foot into the ground and use it to help keep your balance. The back knee should also be bent.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position, but don't step back. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



DB 1-Arm Standing Shoulder Press

- Stand with your hips back, knees bent and abs braced.
- Hold one dumbbell at shoulder level and place the other on your obliques.
- Press the dumbbell overhead and slowly lower to the start position.
- Do not arch your back. Stand upright. Do all reps on one side and switch.



DB Row

- Rest the left hand and left knee on a flat bench, lean over and keep the back flat.
- Hold the dumbbell in the right hand in full extension and slowly row it up to the lower abdomen.
- Keep the low back tensed in a neutral position and the elbow tight to the side.
- Do NOT round your lower back.



Triple Stop Pushup

- Keep abs braced and body in a straight line from knees to shoulders. Hands should be slightly wider than shoulder width apart.
- Lower into a pushup position, but halfway down pause for one second.
- Then continue to lower yourself until you are 2 inches off the ground. Pause for one second.
- Return to the starting position. That's one rep.



Lunge Jumps

- Start in the bottom of a split squat position. Your front thigh should be parallel to the floor, your torso upright, and your abs braced.
- Jump up explosively and switch leg positions in the air. Your back leg becomes the front leg, and vice versa. Absorb the landing with your muscles. Keep your abs braced and torso upright.
- Alternate sides without resting between sides.



Push-up

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Bear Crawl

- Start in a modified push-up position with your knees bent.
- Crawl laterally on your hands and feet without letting anything else touch the ground.
- Don't let your hips come up. Do all reps in one direction and then switch



Swing Lunge

- Do a reverse lunge for your left leg by stepping back with your right leg.
- Then step forward with your right leg so that you do a forward lunge working the right leg.
- Continue for all reps moving one leg then switch.
- So it's 10 reverse lunges for one leg and 10 forward lunges for the other.
 - Video: http://www.youtube.com/watch?v=iIfE_YYyayg



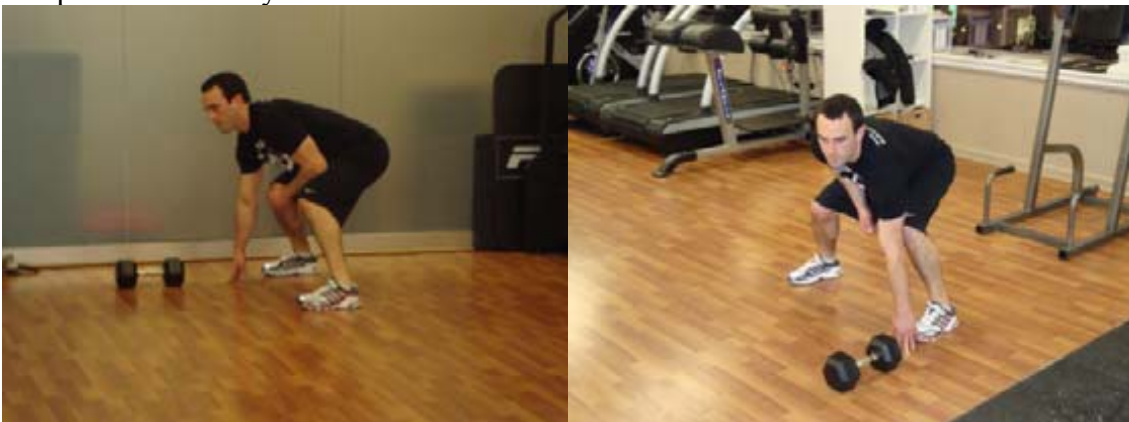
X-Body Mountain Climber

- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your opposite shoulder. Do not let your hips sag.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Shuttle Run

- Mark off a distance of 5 meters.
- Start at one end, sprint 5 meters, touch the ground, and return to the start position.
- Repeat as necessary



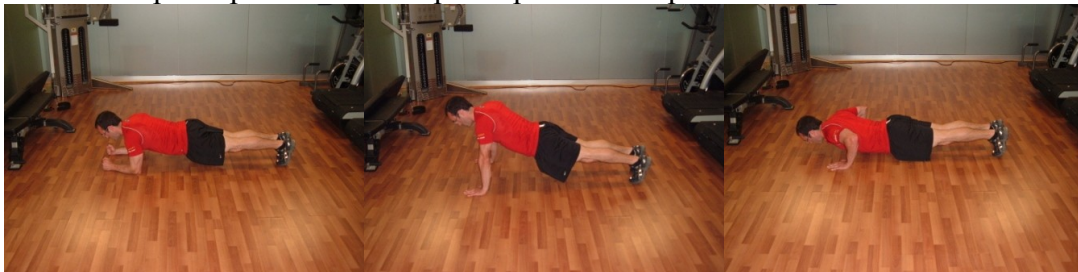
KB or DB 2-Hand Swings

- Stand with your feet wider than shoulder-width apart. Hold a single Kettlebell or dumbbell in both hands in front of your body at arm's length.
- Push your hips back and swing the Kettlebell or dumbbell between your legs.
- Drive back up to the start position and swing the Kettlebell or dumbbell up to chest height. Move at a quick pace.



Plank to Pushup Plus Pushup

- Lie on your stomach on a mat.
- Raise your body in a straight line and rest your bodyweight on your elbows and toes so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- Slowly shift your body into the top of the pushup position.
- Do one pushup then return to plank position. Repeat.



Prisoner Squat (see above)

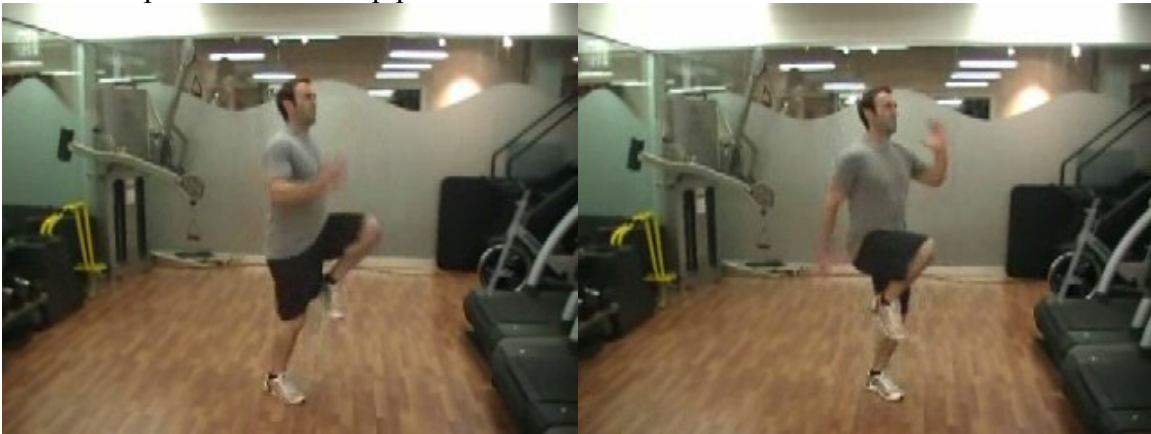
Spiderman Climb

- Brace your abs. Start in the top of the pushup position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up outside of your shoulder and touch your foot to the ground.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Running in Place

- Stand with your feet shoulder-width apart.
- Run in place driving your knees up as high as possible.
- Your other arm will naturally swing forward. Keep a bend in the elbow.
- Run in place at a warm-up pace.



T-Pushup

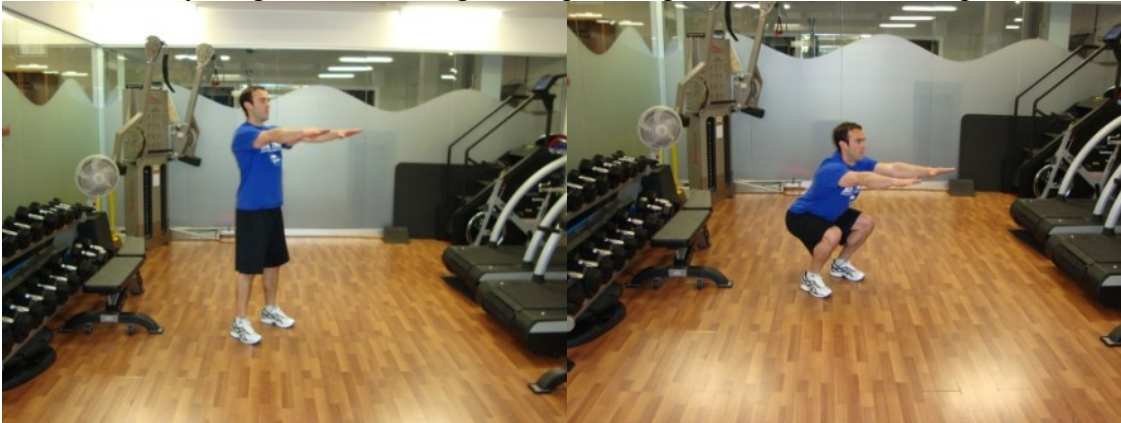
- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- Push off to return to the start position.
- As you come up, rotate to one side and point that arm towards the ceiling.
- Alternate sides with each rep.



Pushups (see above)

Bodyweight Squat

- Stand with your feet just greater than shoulder-width apart.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don't let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Inverted Rows

- Set a bar at hip height in the smith machine or squat rack.
- Lie underneath the bar and grab it a few inches wider than shoulder-width apart.
- Row yourself up the top position with your upper back and lats.
- Keep the abs braced and body in a straight line from toes (knees) to shoulders.



Strap/Band Row

- Grab the straps and take 2 steps backward. Lean back and rest the weight on heels.
- Hold the straps with your palms facing together.
- Keep the abs braced and body in a straight line from heels to shoulders.
- Row your body up until your chest is at strap height.
- Slowly return to the start position.



Burpees

- Stand with your feet shoulder-width apart.
- Drop down onto your hands and feet, then thrust your feet back so you are in a push-up position. Thrust your feet back in and then stand up.
- You can add a vertical jump at the end as well.



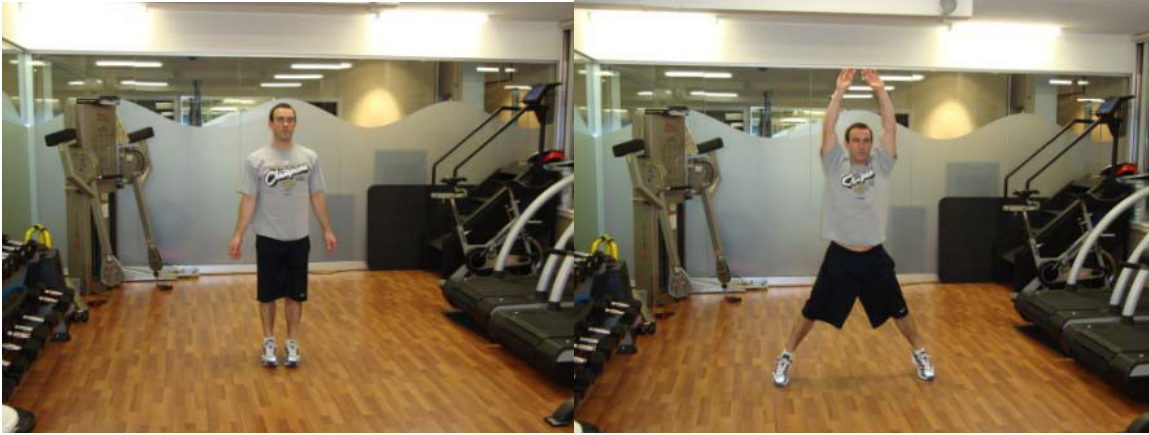
Walking Lunge

- Stand with your feet shoulder-width apart.
- Step forward with your right leg, taking a slightly larger than normal step.
- Keep your left toe on the ground and use it to help keep your balance. The left knee should also be bent.
- Lower your body until your right thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Drive through the lead leg to step forward to the standing position. Alternate sides.



Jumping Jacks

- Stand on the balls of your feet with your feet shoulder width-apart and arms by side.
- Jump your feet out to your sides and raise your hands overhead at the same time.



Prisoner Forward Lunge

- Stand with your feet shoulder-width apart and hands clasped behind your head.
- Step forward with one leg, taking a slightly larger than normal step.
- Keep your back toe on the ground and use it to help keep your balance. The back knee should also be bent.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push back to the start position.



Pushups (see above)

Star Shuffle

- Stand with your feet should-width apart
- Step diagonally at a 45° angle with one leg
- Push with your forward leg to return to the starting position.
- Continue to alternate, doing this exercise as rapidly as possible.
- It's tricky...and requires some co-ordination



Lunge Jump (see above)

Inverted Row (see above)

DB Row (see above)

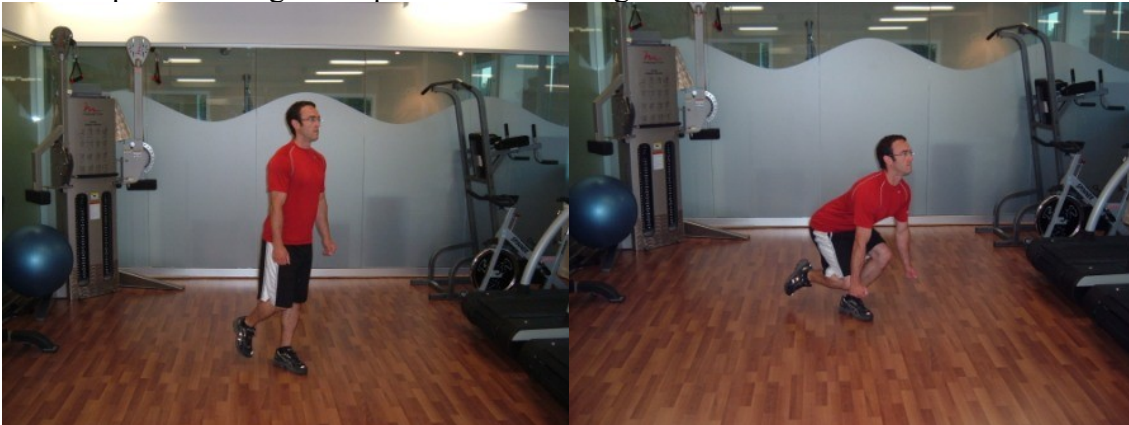
Pike Pushup

- Put your feet on a bench.
- Put your hands on the floor, and bring them as close to the bench as you can.
- This allows your upper body to be upright and allows you to work your shoulders.
- Bend your elbows and lower your body to the floor.
- Push up with your shoulders, triceps, and chest.



1-Leg Deadlift

- Stand with your feet slightly greater than shoulder-width apart.
- Pick one foot off the ground and extend that foot backward.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Let your arms hang at your sides. Start the movement at the hip joint. Push your butt back and “sit back as if you were sitting on a chair”. Go slowly and focus on balance.
- Go until your thigh is parallel to the floor, but keep your lower back flat.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.
- Complete all the given repetitions for one leg and then switch.



Total Body Extension

- Start in the standing position as if you were going to do a bodyweight squat.
- Dip down quickly into a quarter squat and swing your arms behind you by your sides.
- Explode up and extend your body onto your toes, raising your arms overhead.
- Control the descent back and in one movement return to the dip before exploding back up again.
- **This is a non-impact replacement for jumping.**



Spiderman Climb Push-up

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- **Touch the foot to the ground...this allows you to bring your knee up higher and work your abs harder than the other version of the exercise.**
- Push through your chest, shoulders and triceps to return to the start position, and return your leg to the start position. Alternate sides until you complete all repetitions.
- Keep your body in a straight line at all times and try not to twist your hips.



Run in Place (see above)

Alligator Crawl

- Start from a push-up position with your feet on a towel.
- Keep your body in a straight line throughout the entire exercise.
- Walk your body forward using only your hands. Your feet will slide across the floor because they are on a towel. If done on carpet, place your feet on a weight plate.



Burpees (see above)

Lunge Jumps (see above)

Pushups (see above)

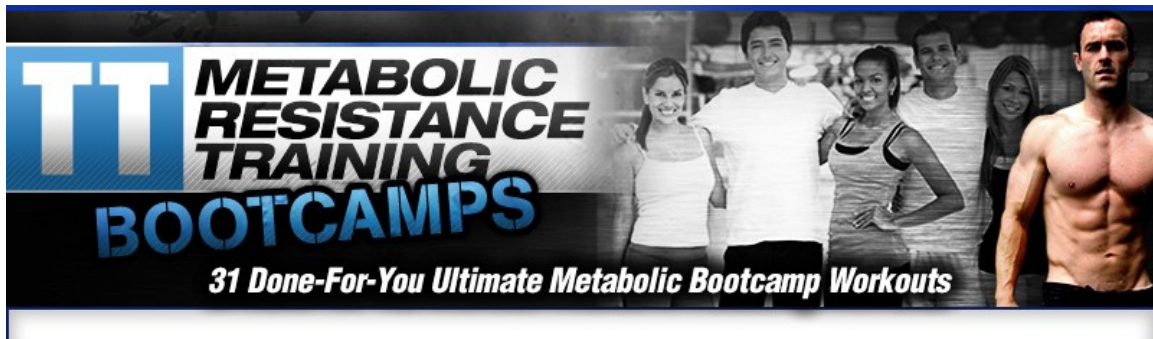
Total Body Extensions (see above)

Jumping Jacks (see above)

I'll see you over at the blog. Leave a comment or question and I'll be happy to help you, whether you're looking for short, effective workouts that burn fat or you need some Bootcamp workout ideas for your bootcamps.

Mike Whitfield, CTT
Certified Turbulence Trainer

<http://www.bootcampexercises.net>



Now you can get your hands on 61 Done-For-You MRT Bootcamp Style Workouts that use minimal equipment. It started with 31, and Craig Ballantyne and Mike Whitfield blew it up with 61 effective, fat-torching workouts!

BEGINNER MRT WORKOUTS	ADVANCED MRT WORKOUTS	CHALLENGE MRT WORKOUTS
Stability Ball Bootcamp	MRT Booty Bootcamp 2K12	Full Body Countdown
Classic 2K12	Super 6 Bootcamp	Straps for Abs 2K12
Beginner Torso Training	Beach Body Bootcamp 2K12	TT Ladders Bootcamp
Beginner Bootcamp 2K12	MRT Express Workout	Quad Domination
MRT Stability Ball Bootcamp	Metabolic Strength 2K12	Conditioning Chaos 2K12
Beginner Circuits	Metabolic Abs	The 150 Finisher

These are just a few of the workouts in the manual.

Get over 60 Done-For-You MRT Bootcamp Workouts here

=> <http://www.bootcampexercises.net/go/MRT-BootCamps/>