

www.BootCampExercises.net

The Ultimate Guide To **Boot Camp** Workouts

Discover the Secrets of Effective Boot Camp Workouts
Using Metabolic Resistance Training and Finishers



Mike Whitfield, CTT

Welcome from BootCampExercises.net and Mike Whitfield...

Hi! Welcome to this helpful guide on how to use Metabolic Resistance Training and Metabolic Finishers with Bootcamp Style workouts.

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

First, a little about why I did this: I used to weigh about 300 lbs. Long story short, it was due to a poor diet, a desk job and to be honest... just being outright lazy.

But in December of 2002, I had an “A-ha” moment. I was playing football on my playstation and threw interception. I was so upset, I threw my controller down and when I bent over to pick it up, I saw my gut and realized I wasn’t the person I was supposed to be.

So, in 2003, I hopped on the New Year Bandwagon and never looked back. Since then, I’ve lost 105 lbs and have kept it off. That is why I do what I do.



Mike Before



Mike After

I’m a certified trainer, simply trying to prove to the world that if a stubborn guy like me can make a change, anyone can.

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

What Makes a Good MRT Bootcamp Workout?

Bootcamps have come a long way, and the days of running laps over and over are dwindling away. You already know that metabolic resistance training is the hottest method to use with clients and campers to strip fat off in less time.

But how do you incorporate it in a Bootcamp setting, and how do you know if you have a good workout program designed?

Enter the Done-For-You TT MRT Bootcamp Workouts

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

A Structured and Professionally Designed Program

Every once in a while, it is certainly fun to throw together some fun exercises and just work hard. But if you do that day in and day out, you and your clients could be asking for an overuse injury. That's why a thought-out, well-designed program is important to use with your campers so that they get the best results in minimum time, all while avoiding overuse injuries.

The Layout

The workouts should be laid out in superset or circuit fashion with non-competing exercises so that you can produce more work in less time. People want to lose fat and not have to be at your location for an hour and a half. For example, you would do a Bodyweight Bulgarian Squat, then immediately Close-Grip Pushups. Your lower body rests while doing an upper body exercise and vice versa.

Strength Training – When and Why

Many bootcamps make this mistake – they do a lot of cardio moves early on, like running or sprints, and then expect their campers to bust out pushup after pushup. Or worse, there is no strength training component at all.

The strength part of a bootcamp workout should be done at the beginning after the warm-up, when their muscles are ready to work, but fresh. This allows better effort for your campers and better results.

What Exercises to Use

Big, compound movements burn more calories and get your campers better and faster transformations. A variety of pushups (some you may not have even heard), lunges, rows and jumping movements should be utilized to keep your campers engaged and excited.

You can also incorporate different methods to give your campers the “Wow!” experience, including the 90% method, 1-1/2 rep style and more. These are fun gems you can use to keep your campers coming back.

The 3 Keys to a Solid MRT Bootcamp Workout

We already talked about strength training and how it is missing or misplaced in a lot of bootcamps. But another key to use in your workouts is conditioning. You can typically use a circuit of bodyweight movements with little rest (30 seconds to 1 minute) that will skyrocket your clients’ conditioning. They will appreciate that when they can go up and down the stairs easily.

Finally, the metabolic finisher and/or intervals - When most people think of intervals, they think of treadmills or bikes. But you can actually perform intervals just using bodyweight exercises or moves like KB Swings. The metabolic finisher is usually a superset or circuit with a variety of reps and sets with heart-pounding moves like Burpees, Swings, Pushups and more. They use incomplete recovery with very short periods. They literally finish off your campers, revving their metabolism all day long.

The Most Important Thing to Remember – Timed Sets

The one thing that could make or break your bootcamp is using specific reps rather than timed sets. For example, you tell your campers to perform 15 Bodyweight Squats. That might be the perfect amount of reps for some, while others will struggle getting that many. For advanced people, that might be too easy. That’s why you want to use timed sets. By asking your campers to perform 30 seconds of Bodyweight Squats, everyone can do what they can in that time, allowing people of all fitness levels to benefit.

Have Fun!

Any bootcamp workout is fun when you use some kind of camper interaction. This could be allowing one of the campers call the shots, or having your campers partner up for shadow drills, and more. The TT MRT bootcamp workouts utilize this strategy throughout the manual.

Be Unique

By offering your unique energy and enthusiasm, you will have campers coming back. You should even use unique exercises to keep the workouts fresh and exciting, like:

Spiderman Climb with a Reach
Total Body Extension
Plank to Pushup
And more...

These unique exercises and more are built right into the done-for-you workouts.
You can find them here

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

Have fun, be safe, and bring the energy!

Why Total Body Workouts Work Amazingly Well for Bootcamps

It's simple -total body workouts are your weapon of fat destruction.

The other day I had two choices:

1. Hit the gym for a fat-burning total body workout.
2. Have a stare-down with the cookies my wife brought home thanks to her Mom. Bonus points for the right decision – I chose #1. So here's what my workout included...

Bulgarian Squats
DB Chest Presses
Cable Rows
Ab Wheel Rollouts

PLUS a workout finisher of Bodyweight Jump Squats & Decline Push-ups
Not one muscle group went untouched, which is one of my secrets of staying lean.

I certainly wasn't planning on "annihilating" my biceps or shoulders for an hour. For one thing, I don't like wasting my time. I also don't enjoy over-use injuries.

Here's What Didn't Work

I remember years ago, when I first decided to lose my gut once and for all, I would go the gym and hit my back with about 6 different exercises and that was only Day 1.

Day 2 was all about the chest.

Day 3 was my "cardio day", whereby I would hit the treadmill and daydream between everything I have to get done (I was in the corporate world then) and how cool it would be to introduce Christina Applegate as my girlfriend to my friends and family.

The week continued with this type of unproductive chaos.

Two things were NEVER going to happen...

One was continuing to lose fat by doing a workout from the 20th century. While the other... well c'mon, you know... the whole Christina Applegate thing.

So let me continue talking about the first thing...

Here's What Did Work

I found myself in a rut and I was also bored. While what I was doing was certainly better than sitting on the couch (it initially got me results), eventually my body stopped changing.

Later on, I discovered and introduced total body workouts and intervals into my workout regimen and that's when things really started to happen...

I was dropping fat, yet I was working out LESS.

I went from working out 5-6 days a week to 3 days a week, and yet, I was getting far better results -my shoulders started to pop out, my arms had more definition than ever before, and my belly fat was finally shrinking.

Needless to say, ever since then I've been hooked on total body workouts.

For one thing, it saves me time so now I spend less time in the gym and more time with my family and my fitness business. It also makes it easier to keep the 105 lbs. of fat I used to carry around from creeping back up.

Now don't think I spend 3 hours in the gym to hit my entire body.

It's not like I spend my time with Tricep Push-downs and Crunches. Instead, I use exercises that are designed to give me a better return for time invested... exercises like:

Pull-ups

Squats

Chest Presses or a Variety of Pushups

Rows

And then I end my workouts with a fat-blasting metabolic finisher. The finishers I use are a variation of interval training, but I like my finishers more because they hit MORE muscles, burning MORE calories.

For example, sometimes I will perform 3 to 4 supersets of DB Swings and Spiderman Push-ups... good times.

Effective Total Body Workouts

Now since I'm a Turbulence Training fan and TT Trainer myself, I use TT workouts ... duh.

But there's a reason why...

When it comes to total body workouts, I find Turbulence Training to be short, effective and easy to stick with in the long term – which is extremely important for anyone wanting to make a lasting, permanent change.

So that's why I use them with my clients. C'mon, you can put in 3 days a week, for around 45 minutes, right?

Hey Ladies!

Females especially, love total body workouts. That's because these type of workouts help firm up trouble-spot areas due to the extra caloric burn.

It kills me to see women hit my gym and go back and forth between the inner-outer thigh machines.

If you simply focus on the overall caloric burn, hitting all the major muscle groups, then your trouble spots will no longer be a source of frustration – provided of course that you have a solid nutrition program in place.

And it's with these total body workouts that you will get the lean, athletic look you're looking for, rather than a bulked-up version of yourself. A good mixture of both DB exercises and bodyweight exercises is the type of program that I find works best with females.

Boom goes the truth dynamite.

Besides, if you're doing 6 different exercises for your chest, be honest with yourself -you wouldn't be able to sustain the same intensity for the 6th exercise as you do for the 1st exercise. Total body workouts are where it's at.

Bust Your Fat Loss Plateau

If your nutrition is in check, you will quickly find, like I did, that working your entire body 3 to 4 times per week is an excellent way to bust through a fat loss plateau... not to mention losing those pesky 5 to 15 lbs. of annoying fat.

Get over 60 Done-for-You MRT Bootcamp Style Workouts Here
=> <http://www.bootcampexercises.net/go/MRT-BootCamps/>

Bodyweight Bootcamp Workout Finishers

Workout finishers are not only an awesome addition to individual workouts – they can also be added onto the end of your bodyweight bootcamp training sessions to help you – or your clients – get even better results.

I absolutely love getting new people when I run a bootcamp. And thanks to the cool mornings of late, we've been running our bootcamps outdoors.

One of the last workouts of the week that we recently did just so happened to include one of my favorite bodyweight metabolic finishers jumping lunges and push-ups. It went something like this:

Do the following superset, resting only when needed:

Note: I told my campers to catch their breath and jump back in when they can.

1A) Jumping Lunges (8 reps per leg, 7 reps per leg, etc., down to 1)

1B) Push-ups (8, 7, etc. down to 1)

So in the first superset, you'll do 8 reps of each exercise. In the next superset, do only 7 of each. Continue in this fashion until you have reached 1 rep of each exercise.

Challenging All Fitness Levels With Metabolic Finishers

Now the tricky part about doing metabolic workout finishers with bootcampers is to allow beginners, advanced people, and everyone in between to reap benefits AND not feel out of place.

So before starting the finishers, tell your campers they can substitute the lunge jumps for split squats and the push-ups with kneeling pushups -that way, everyone can do a finisher based on their fitness level.

My veteran campers know that metabolic finishers are my favorite part of the entire workout, but my newbies were in for a treat that day...

We had some exhausted folks when we were done, and a few of them even clapped, knowing they burned a LOT of calories and torched some serious belly fat.

Bootcamp Metabolic Finisher Design Tips

When writing my bootcamp programs, I always make sure I have a substitution exercise in mind so that everyone can participate and feel they belong there.

Bodyweight metabolic finishers are not just for advanced people. Both beginners and intermediate people can benefit from them, too -it's just a matter of adjusting the finisher to their fitness level.

For example, let's take a look at a bodyweight workout finisher I wrote for one of my 1-ON-1 CLIENTS:

Perform this circuit 3 times, resting 30 seconds between circuits:

- 1A) Jump Squats (8 reps)
- 1B) Explosive Push-ups (8 reps)
- 1C) Spiderman Climb (10/side)
- 1D) Burpees (10 reps)

Now, if I used this bodyweight workout finisher in my bootcamp, I would need to offer exercise substitutions AND change my rep scheme to timed sets.

I like to tell my campers to perform the exercise based on their fitness level. And the reason I would use timed sets is because some campers can do one rep after another, while others can only do a few reps before needing a rest.

So, I would take the bodyweight workout finisher circuit from above, and change it to this when putting it in a BOOTCAMP WORKOUT:

- 1A) Jump Squats or Total Body Extensions (20 seconds)
- 1B) Explosive Push-ups or Regular Push-ups or Kneeling Push-ups (30 seconds)
- 1C) Spiderman Climb (30 seconds)
- 1D) Burpee or Modified Burpee or Body Squats (20 seconds)

By offering timed sets, you will notice the advanced campers are able to do a lot more reps in the timeframe, which challenges them. At the same time, beginner campers may only do a few reps, rest a little bit, and then continue. And that's great – as long as they are giving their best.

When using timed sets, I normally use an interval timer like the Gym Boss or I just use my stopwatch.

By simply switching the bodyweight workout finisher to timed sets and offering exercise substitutions, you can start using metabolic finishers in your bootcamp.

Boom goes the bootcampers' belly fat.

Even if you run a bootcamp with a lot of equipment like the TRX, kettlebells, dumbbells, etc., bodyweight workout finishers are a great way for everyone to end the session together.

Let's face it; the workout finisher is the toughest part of the program...

The extra social support will help all of your campers get through the tough finish. Then they will go home and rant about you on Facebook, but that's cool because it's free exposure. As a matter of fact, you should hop on to their posts and "like" it.

That's what I do ...

"Mike Whitfield just put me through an awesome workout with a bodyweight workout finisher that made me sweat for 3 hours. But my jeans fit a lot better, so I can't complain." You can bet some money you will see that "Mike Whitfield likes this" with that thumb up.

You can use a variety of bodyweight workout finishers with your bootcamp, even if you already have a specific program like I do.

My boot camp programs typically last 4 weeks, and they are on an A, B, C system. In other words, we'll perform workout A on Mondays, workout B on Wednesdays and workout C on Fridays.

If I feel like my campers want more variety, then that's where I get creative with my bodyweight workout finishers. We sometimes perform a different finisher after each workout over the course of the 4 weeks.

Sometimes the finisher is a superset or a circuit. Sometimes we just do one exercise several times with little rest between sets. For example, when we do Total Body Extensions, we'll do those for a full minute, rest 20 seconds, and then do it again – good times.

It really depends on the clientele, but they love/hate it, which keeps them coming back for more.

Bodyweight Workout Finishers Template

Whatever bodyweight workout finishers you choose for your bootcamp, the principles and template remain the same...

1. Offer exercise substitutions to allow beginners and advanced people alike to get the maximum benefits.
2. Use timed sets using a Gym Boss or a stopwatch (you can even use an interval timer on your smart phone) so people can go at their own pace.

3. Always tell them that they finished strong – it sounds cool and they enjoy the encouragement. Now there will be exceptions, like when you use a countdown finisher, but that's OK. Just keep it simple and tell the campers to stop and catch their breath when they need to, then hop back in when they can.

Remember, we are there to encourage and push them to do their best, not to get them in an ambulance.

One of the joys I get is seeing one of my past campers who “graduated”, performing a bodyweight workout finisher after lifting some serious weight. There's a mysterious addiction to workout finishers, and that's why I love them so much.

There are a variety of Bootcamp Finishers in this manual here
=> <http://www.bootcampexercises.net/go/MRT-BootCamps/>

Alright, now that you can see the “template” of a solid MRT Bootcamp Workout, let's do one!

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

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=ilfE_YYyayg



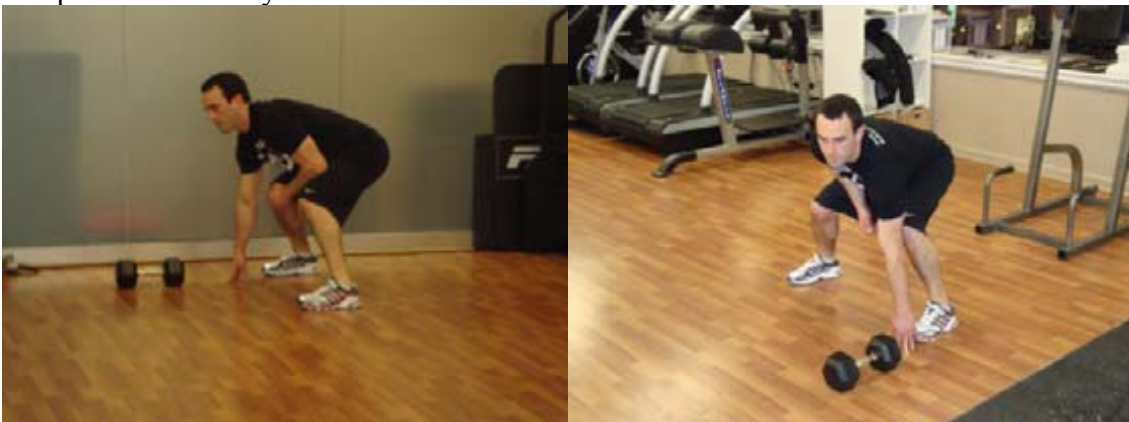
X-Body Mountain Climber

- 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



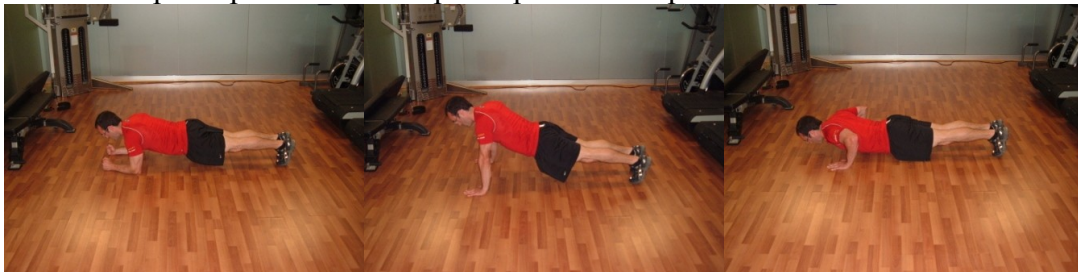
KB or DB 2-Hand Swings

- 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.



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.

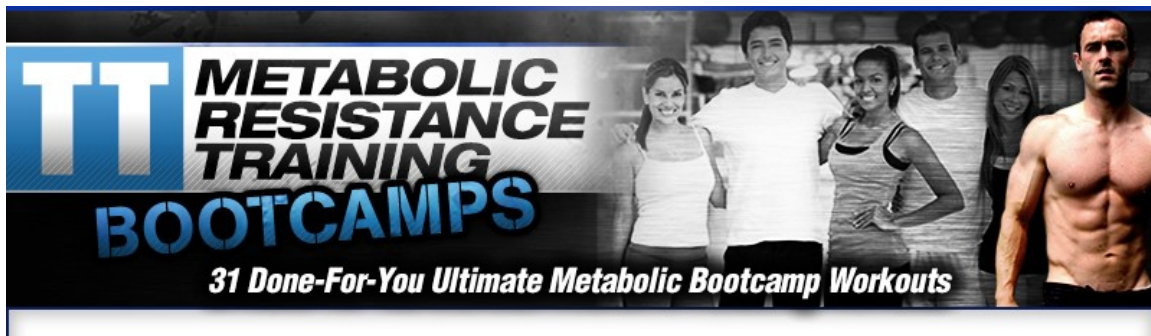
Mike Whitfield, CTT

Certified Turbulence Trainer

<http://www.bootcampexercises.net>

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

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



Now you can get your hands on 60 more 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.

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