



SURE VICTORY



HOW TO DESIGN
BOOT CAMP
WORKOUTS

THAT BLAST
FAT & BUILD
POWER

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Section Three

BATTLE PLAN

Planning Your Boot Camp Fitness Program

In this section we explain the various elements that go into creating a boot camp fitness program, and then walk you through the process of creating yours. At the very end of this section, you'll find two sample battle plans that you can use as examples or implement as your own. So let's get on with it . . .

Types of Exercise

There are five basic types of exercise and you may include some or all of them in your boot camp program, depending on what you're trying to achieve. Exercise categories include:

Resistance Training—Develops strength and power, and endurance to a lesser degree. Examples: pushups, pull-ups, sit-ups, body squats, any exercise using dumbbells, barbells, or resistance bands and tubes.

Cardiovascular Training—Develops heart and lung efficiency and endurance. Examples: running, biking, swimming, aerobics, Tae Bo, and any activity done at an elevated heart rate for an extended period of time.

Agility & Speed Training—Develops fast movement and precision reflexes. Examples: sprints, running sideways or backwards, running tires and obstacle courses, shuffles, martial arts movements.

Plyometrics—Develops power in movement and resilience. Examples: vertical jumps, long jumps, medicine ball exercises, hopping, skipping.

Stretching—Develops flexibility. Examples: hurdler's stretch, most yoga poses, toe touches.

Fat Loss and Exercise Types

Cardiovascular exercise does the most to burn fat during exercise. Cardiovascular exercise, like running, quickly depletes the energy stores that muscles prefer to use and forces them to burn fat for energy. Studies show that cardiovascular exercise burns the most fat when done at a moderate pace that increases heart rate, but allows the trainee to hold a conversation. Fat burning due to cardiovascular exercise stops soon after heart rate and breathing rates return to normal.

Resistance training burns little fat during the exercise compared to cardiovascular exercise, but has longer lasting fat burning effect on the body. An increase in metabolism from resistance training can last for hours and resistance training increases muscle size and density, which causes the muscle to burn more calories every time it's used. Muscle growth results in a more or less permanent increase in calorie consumption, which is essential to long-term fat loss.

Section Four

DRILL INSTRUCTION

Exercise Descriptions and Training Expectations

Power Warm-up

This warm-up routine is designed to quickly and effectively increase internal body temperature and prepare major muscle groups for action. All hopping and squatting motions should be done gently and with light intensity.

Dead Hang: stand upright with feet together. Bend at the hips and let your torso hang toward the ground while keeping your knees straight, but not fully locked out. Let your arms dangle or, if they reach the ground, cross your forearms. Hang for five long, slow breaths.

Hula Circles: Stand upright and rotate your hips in a circle parallel to the ground like a hula dancer. Do 10 circles in one direction and 10 in the other.

Shoulder shrugs: Shrug your shoulders in a circular motion, first one direction for 10 rotations, then the other direction for 10.

Arm Circles: Swing your straight arms in big circles that are perpendicular to the body. Circle them 10 times in one direction and 10 in the other.



DEAD HANG

Body or Hindu Squats: These are performed the same as listed in the bodyweight exercise descriptions below. Start at a slow pace and work up to a faster pace as your muscles warm up. Also, if you can't dip fully at first, work up to a full dip as the muscles get warm and pliable.

Triangle Stretch: Stand with your feet slightly wider than shoulder-width apart. Point your right foot forward and the left foot to the side to form an L. Reach down with your left arm and touch your left foot or to your knee if you can't reach your foot while keeping your legs straight. While still touching hand to foot, raise your right hand to the sky so that your outstretched arms form a straight vertical line from ground to sky. Make sure your hips are centered between your legs so that you are bending to the side and not to the front. Hold the position for 5 long, slow breaths. Lower your right hand and touch it to your left foot (or knee), and raise your left hand to the sky. Hold the stretched position for 5 long, slow breaths, then return to standing position and



TRIANGLE STRETCH