

K-Bootcamp


**Functional Fitness
Group Workouts**

12 week
Functional Fitness
program




Why K-Bootcamp?

KemmeFitness.com provides hundreds of workouts. For ease of use, I had created a collection of bootcamp-style workouts designed for groups. Feel free to run a bootcamp for your friends, or for your clients. You have my permission to use this program for your own bootcamp.



The K-Bootcamp Schedule

As with our other 12 week programs, **K-Bootcamp** is designed with a 4-day a week workout schedule. If you run a bootcamp only once or twice a week, you will have more options. You can either extend the 12 week period or only do a workout 1 time each (there are 24 different workouts).



If you do decide to run the bootcamp 4 times a week, you can choose what 4 days you exercise. However, because Kemme Fitness workouts are intense, you should not exercise more than 3 days in a row. Below are some sample schedules:

Mon exercise

Tues exercise

Wed rest

Thu exercise

Fri exercise

Sat rest

Sun rest

Mon rest

Tue exercise

Wed rest

Thu exercise

Fri rest

Sat exercise

Sun exercise

Mon exercise

Tues exercise

Wed exercise

Thu rest

Fri exercise


Sat rest

Sun rest



Required Equipment

Medicine Balls (MBs) go on sale a lot. I would suggest one anywhere from 6 pounds up to 12 pounds. You can either require your participants to bring their own, or you can make the small investment into the equipment. To keep costs down, consider reading [*The Low Cost Gym*](#) for tips on homemade equipment.



You will also need some **cones** or **markers**, but that cost here is minimal.



Decoding The Workouts

Circuits—you will complete all of a circuit before moving onto the next circuit if there are more than one (some workouts have 3 or 4 circuits). The bottom of the circuit will tell you the number of rounds for that circuit. Some will say **X2** or **X3**, meaning you do the circuit a total of 2 or 3 times respectively before moving onto the following circuit.

Repetitions—These are usually listed in front of each exercise. Do all the repetitions of that exercise before moving down the list to the next exercise. Some circuits have the repetitions listed at the top for the exercises in the circuit. For example, you may see **21, 15, 9 reps** or a combination similar to that. In that example you have to do all the exercises in the circuit 21 times before starting over and doing them all 15 times. After completing them 15 times, start over again and do 9 reps of each exercise.

Each Side—means that you have to do the prescribed number of repetitions for both sides of your body. For example, you may see **10—each side—Uneven Push-ups**. In that example, you will have to do 10 Uneven Push-ups with your left hand elevated, followed by 10 more Push-ups with your right hand elevated.

Exercises—Most of the exercises will have hyperlinks to video demonstrations in order for you to understand proper form. It may take a while to get over the learning curve, as there will be a great number of new and exciting exercises you have never done before.



What To Do After The Bootcamp is finished?

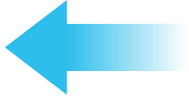

You could always repeat **K-Bootcamp**, but personally I would be bored.

I am confident that when you are done with this 12 week program, you will be ready to pick and choose the pre-made workouts off of KemmeFitness.com, or you can download the other [free 12 week programs](#).

Kemme Fitness has literally hundreds of workouts for you. After you are able to complete **K-Bootcamp**, you are ready for the rest of the workouts located in either the [At-Home](#) or the [At-The-Gym](#) workout pages.

If you have a gym membership, you will see that we have tons of workouts (more being added all the time) for you to do [At-The-Gym](#).

If you want to workout at home, then you will find plenty of [At-Home](#) workouts to keep you interested for many years to come.





Warming up before the workout

Choose 1 of the 5 below warm-ups for your bootcamp prior to each workout::



WARM UP #1:

2 Inchworms
4—each side—Lateral Bound
8 Tuck Jumps
X3

WARM UP #2:

10 Slaloms
10 Air Squats
10 seconds Front Bridge
X2

WARM UP #3:

30 seconds Stutter Steps
20 Quad Squats
X2

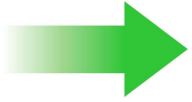
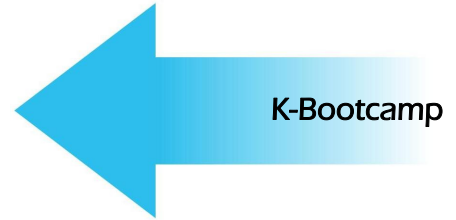
WARM UP #4:

10—each side—Split Squat Jumps
10—each side—Crab Crunch
10—each side—Brazilian Crunch
10 Tuck Jumps
X1

WARM UP #5:

5 seconds Side Bridge (left)
5 seconds Side Bridge (right)
5 seconds Bear Walk
5 seconds Stutter Steps
X2

Weeks 1 & 2



Workout #1: intro

CIRCUIT #1

30 seconds Stutter Steps

20 Quad Squats

X2

CIRCUIT #2

Place 2 cones 10 yards apart

30 seconds each exercise, then sprint to cone #2 and back to cone #1

V-Sit

Front Bridge

Side Bridge (left)

Side Bridge (right)

X1

CIRCUIT #3

Place 2 cones 10 yards apart

Do exercise, then animal walk to cone #2, then repeat on way back

20 Air Squats/Bear Walk

20 Leg Raises/Goat Jump

20 Brazilian Crunch/Lunge Walk

20 Rowboats/Tarantula Walk

20 Mountain Climbers/Crab Walk

20 Crab Crunches/Sabertooth Walk

X1

CIRCUIT #4

10—each side—Ice Skaters, 5 Sprawls

10—each side—Ice Skaters, 4 Sprawls

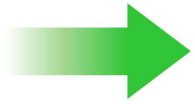
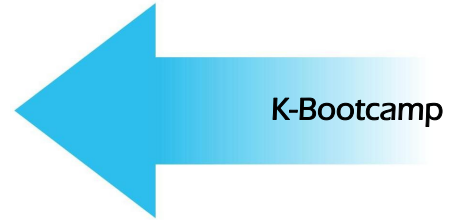
10—each side—Ice Skaters, 3 Sprawls

10—each side—Ice Skaters, 2 Sprawls

10—each side—Ice Skaters, 1 Sprawl

X1

Weeks 1 & 2



Workout #2: enter the mb (medicine ball)

CIRCUIT #1

4 stations—45 seconds each

Medicine Ball Slams

Ice Skaters

Squat Jumps

Bear Walk

X1

CIRCUIT #2

4 stations—30 seconds each

Medicine Ball Lunge Twists

Side Lunges

Leg Raises

Mountain Climbers

X2

CIRCUIT #3

4 stations—45 seconds each

Medicine Ball Slams

Stutter Steps

Lunge Twists

Siamese Squats

X1

CIRCUIT #4

4 stations—30 seconds each

Medicine Ball Thrusters

V-Sit Twists

Air Squats

Crab Walks

X2

CIRCUIT #4

Place 3 cones 15-20 yards apart. Do a different exercise at each cone

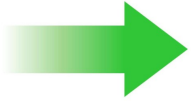
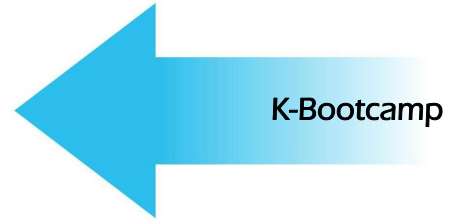
5 Push-ups

10—each side—Split Squat Jumps

20 Rowboats

X4

Weeks 1 & 2



Workout #3: 20, 10, 5

CIRCUIT #1

20 Push-ups
10 Squat Jumps
X 5

CIRCUIT #2

20 Medicine Ball Sliders
10 Medicine Ball Get-up Stand-up Slams
X 5

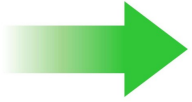
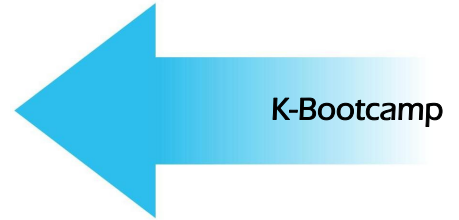
CIRCUIT #3

20 Medicine Ball Slams
10 Medicine Ball 1 Leg Dips
X 5

CIRCUIT #4

20 Mountain Climbers
10 Air Squats
X 5

Weeks 1 & 2



Workout #4: up the mountain

CIRCUIT #1

30 seconds each exercise

Side Bridge (left)

Front Bridge

V-Sit

Side Bridge (right)

Nose to Ground

X1

CIRCUIT #2 (UP THE MOUNTAIN)

Repetitions: 2, 4, 6, 8, 10, 12, 15, 16

(do all the exercises 2 times, then do them 4 times, then 6 times, etc)

Quad Squats

Squat Jumps

Body Roll

Mountain Climbers

Lunge Twists

X1

CIRCUIT #3 (DOWN THE MOUNTAIN)

-Do repetitions of Slaloms (skiing down the mountain), then do the repetitions for Sprawls (falling down).

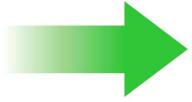
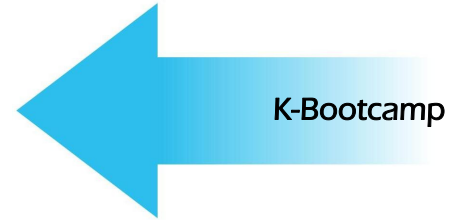
-For example, do 16 Slaloms, then 8 Sprawls, then 14 Slaloms, then 7 Sprawls, etc.

Slalom reps: 16, 14, 12, 10, 8, 6, 4, 2

Sprawl reps: 8, 7, 6, 5, 4, 3, 2, 1

X1

Weeks 3 & 4



Workout #1: mb in the middle

CIRCUIT #1

20 seconds each exercise

Medicine Ball Slams

Slaloms

Lunge Twists

X1

CIRCUIT #2

Place 3 cones 20 yards apart and put your MB at the middle cone

Sprint to cone #2

20 Medicine Ball Thrusters

Sprint to cone #3

40 Scissor Kicks

Sprint back to cone #1

X2

CIRCUIT #3

Place 3 cones 20 yards apart and put your MB at the middle cone

Tarantula Walk to cone #2

20—each side—Medicine Ball Lunge Twists

Frog Jump to cone #3

50 Leg Raises

Sprint back to cone #1

X2

CIRCUIT #4

Place 3 cones 20 yards apart and put your MB at the middle cone

Side Lunge to cone #2

10 Medicine Ball Sliders

Gorilla Walk to cone #3

20 Rowboats

Sprint back to cone #1

X2

CIRCUIT #5

Place 3 cones 20 yards apart and put your MB at the middle cone

Duck Walk to cone #2

10 Medicine Ball Get-up Stand-up Slams

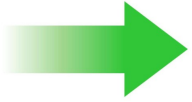
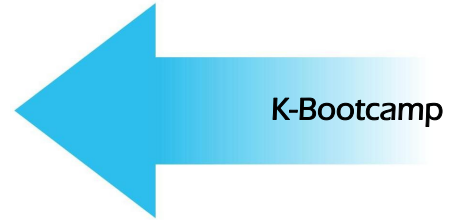
Sabertooth Walk to cone #3

10 Push-ups

Sprint back to cone #1

X2

Weeks 3 & 4



Workout #2: the list

CIRCUIT #1

30 seconds Front Bridge

30 seconds Side Bridge (left)

30 seconds Side Bridge (right)

Rest

20 Tuck Jumps

5 Frog Jumps

10 Push-ups

Rest

10—each side—Crab Crunch

30 Slaloms

Rest

30 seconds V-Sit Twist

30 seconds Nose to Ground

30 Mountain Climbers

Rest

20 Air Squats

10—each side—Cossack Squats

30 seconds Stutter Steps

Rest

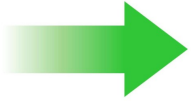
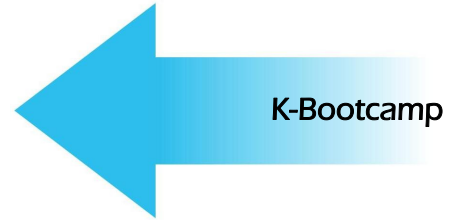
10 Medicine Ball Thrusters

20 Medicine Ball V-Sit Twists

10—each side—Medicine Ball Lunge Twists

X2

Weeks 3 & 4



Workout #3: three per cone

CIRCUIT #1

10—each side—Slaloms
10—each side—Cossack Squats
10—each side—Brazilian Crunches
10—each side—Crab Crunches
10—each side—Split Squat Jumps
10 Tuck Jumps

X2

CIRCUIT #2 *Place 4 cones 15 yards apart*

2 Medicine Ball Get-up Stand-up Slams at cone #1
Crab Walk to cone #2 and do the below 3 CONE EXERCISES
Bear Walk to cone #3 and do the below 3 CONE EXERCISES

3 CONE EXERCISES:

10—each side—Ice Skaters
3 Sprawls
10—each side—Side Lunges

X1

CIRCUIT #3 *Place 4 cones 15 yards apart*

2 Medicine Ball Get-up Stand-up Slams at cone #1
Frog Jump to cone #2 and do the below 3 CONE EXERCISES
Stalking Panther to cone #3 and do the below 3 CONE EXERCISES

3 CONE EXERCISES:

20 Mountain Climbers
5 Burpees
20 Leg Raises

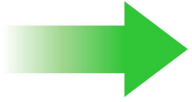
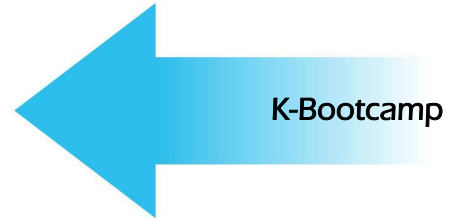
X1

CIRCUIT #4

10 Rowbaots
9 Scissor Kicks
8 Lunge Walks
7 Burpees
6 Hindu Push-ups
5 Rowboats
4 Scissor Kicks
3 Lunge Walks
2 Burpees
1 Hindu Push-up

X1

Weeks 3 & 4



Workout #4: station work

RULES:

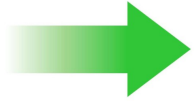
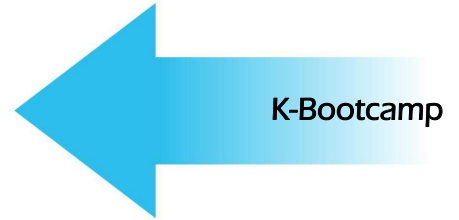
- 7 stations with 4 exercises at each station (no cones needed)
- each person has a Medicine Ball
- You can put people at different stations or all at one
- Do each of the 4 exercises for 1 minute without a break
- After 4 minutes, rest as long as needed before going to the next station
- The workout is complete when you have completed all 7 stations

STATIONS:

- Station #1: Medicine Ball V-Sit Twists, Lunge Twists, Slams, MB V-Sit Twists
- Station #2: Front Bridge, V-Sit, Front Bridge, V-Sit
- Station #3: Side Lunges, Lunge Walk, Side Lunges, Lunge Walk
- Station #4: Leg Raises, Side Bridge (left), Scissor Kicks, Side Bridge (right)
- Station #5: Medicine Ball Slams, Air Squats, Slams, Air Squats
- Station #6: Bear Walk, Siamese Squats, Crab Walk, Cossack Squats
- Station #7: Lateral Bound, Stutter Steps, Slaloms, Ice Skaters

Weeks 5 & 6

K-Bootcamp



Workout #1: 30 seconds of fun

CIRCUIT #1

Place 4 cones (20 yards in between cones #1 & #2, as well as in between #3 and #4, while there is only 5 yards between cones #2 & #3—so it is 20, 5, then 20 yards)

Sprint between cones #1 & #2 (20 yards)

Inchworm between cones #2 & #3 (5 yards)

Sprint between cones #3 & #4 (20 yards)

X1

CIRCUIT #2

30 seconds each exercise

Leg Raises

Burpees

Medicine Ball Get-up Stand-up Slams

X1

CIRCUIT #3

30 seconds each exercise

Scissor Kicks

Ice Skaters

Medicine Ball Sliders

X1

CIRCUIT #4

30 seconds each exercise

Crab Crunches (alternate sides each round)

Slaloms

Medicine Ball Lunge Twists

X2

CIRCUIT #5

Place 2 cones 20 yards apart, and pair up participants

1/2 the group—Bear Walk from to cone #2 and back to cone #1

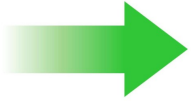
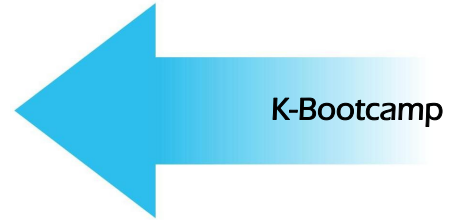
1/2 the group—Front Bridge until other group is done

Switch and repeat for 1 round

Change animal walk from Bear Walk to Frog Jumps for round #2 and Lunge Walk for round #3

X3

Weeks 5 & 6



Workout #2: animal day

CIRCUIT #1

Stand in a circle and pass a Medicine Ball around 2 times clockwise, then counter clockwise
Repeat, this time each person does 1 Sprawl after throwing and before the MB gets back around
Repeat circles with 2 Sprawls, then 3 Sprawls

CIRCUIT #2

30 seconds each animal walk

20 Air Squats

Bear Walk

20 Leg Raises

Sabertooth

20 Rowboats

Crab Sidle

20 Side Lunges

Tarantula Walk

20 Scissor Kicks

Frog Jumps

20 Ice Skaters

Gorilla Walk

20 Lunge Walks

Crab Walk

20 Slaloms

Goat Jumps

X1

CIRCUIT #3

30 seconds V-Sit Twists

10 Siamese Squats

X3

CIRCUIT #4

Place 4 cones (15 yards apart, then 5 yards, then 15 yards)

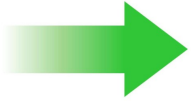
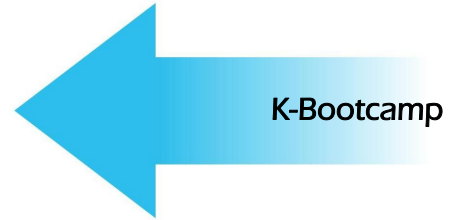
Lateral Bound 15 yards

Burpees 5 yards

Sprint 15 yards

X2

Weeks 5 & 6



Workout #3: rotation

RULES:

30 seconds each exercise

5 seconds transition time between exercises

1 minute rest in between rounds

Start at a new exercise each round

(for example, round #1 starts with Medicine Ball Thrusters and ends with Medicine Ball 1 Leg Dips, while round #2 starts with Slaloms and ends with Medicine Ball Thrusters)

EXERCISES:

Medicine Ball Thrusters

Slaloms

V-Sit Twists

Stutter Steps

Air Squats

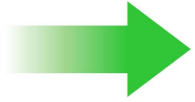
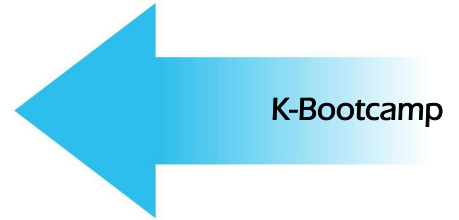
Mountain Climbers

Medicine Ball Lunge Twists

Medicine Ball 1 Leg Dips (alternating legs)

Weeks 5 & 6

K-Bootcamp



Workout #4: move your mb

RULES:

- Place 8 cones about 10 yards apart
- You may want to tape a piece of paper to each cone with the exercise on it
- Each round consists of doing an exercise at each cone, starting at cone #1
- Essentially you are doing 8 different exercises each round (at each cone), however, 1 of the 8 is your Medicine Ball exercise instead of the exercise assigned to the cone you are at. For example, if you get to a cone where your Medicine Ball is, then you do the Medicine Ball exercise in place of the cone exercise
- To begin, start at cone #1 with your Medicine Ball exercise (choose 1 of the options and you can alternate these each round if you want)
- Then go on to cone #2 and drop your MB. Do the cone exercise at cone #2
- Then sprint to cone #3 for the cone exercise, then cone #4, cone #5, etc
- Start the next round back at cone #1, but this time you do the cone exercise and only do the MB exercise at cone #2 (where you had left the MB)
- Make sure you bring the MB to cone #3 and drop it so it will be there for round #3
- Continue until you have done a MB exercise at each cone for a total of 8 rounds

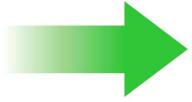
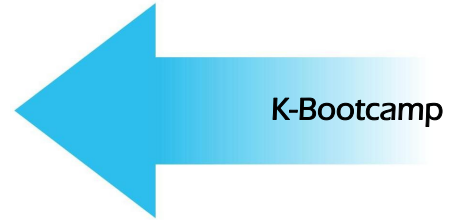
MEDICINE BALL EXERCISES:

- 5 Medicine Ball Get-up Stand-up Slams (or)
- 10 Medicine Ball Sliders

CONE EXERCISES:

- Cone #1: 20 Air Squats
- Cone #2: 10 Siamese Squats
- Cone #3: 10 Rowboats
- Cone #4: 5 Burpees
- Cone #5: 20 Leg Raises
- Cone #6: 10—each side—Side Bridge Knee Tucks
- Cone #7: 5—each side—Scorpion Push-ups
- Cone #8: 5—each side—Crab Crunches

Weeks 7 & 8



Workout #1: core, plyo, agility

CIRCUIT #1

21, 15, 9 repetitions

Slaloms

Air Squats

Push-ups

X1

CIRCUIT #2

10—each side—Front Bridge 1 Arm Touch

20 Goat Jumps

5 Hindu Push-ups

Rest

10—each side—Side Bridge Knee Tuck

20 Split Squat Jumps

5 Burpees

Rest

10—each side—Frog to Side Bridge

20 V-Sit Twists

5 Muslim Prays

Rest

10—each side—Brazilian Crunch

20 Scissor Kicks

5 Sprawls

X2

CIRCUIT #3

30 seconds each exercise

1 Leg Over the Line

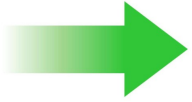
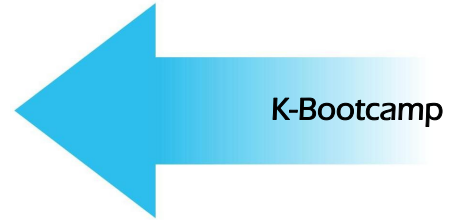
Ice Skaters

Rowboats

Lateral Bound

X4

Weeks 7 & 8



Workout #2: getting to know your mb

CIRCUIT #1

Get into a circle with 1 Medicine Ball

Pass the ball to the left for 4 circles, then right for 4 circles

Pass the ball to the left for 4 circles, Sprawl 1 time after each pass

Pass the ball to the right for 4 circles, Sprawl 1 time after each pass

X1

CIRCUIT #2

Place 5 cones about 15 yards apart

Start at a new cone each round

Do the exercise for each cone, then sprint between cones, carrying your MB

Cone #1: 5 Medicine Ball Get-up Stand-up Slams

Cone #2: 5 Medicine Ball Slams

Cone #3: 5 Medicine Ball Thrusters

Cone #4: 5—each side—Medicine Ball V-Sit Twists

Cone #5: 5—each side—Medicine Ball Lunge Twists

X5

CIRCUIT #3

Place 2 cones 15 to 25 yards apart

RULES:

-A round involves both a throw of your MB to cone #2 and back to cone #1

-If you do not make it to the cone or past it, you do **10 Push-ups** as punishment

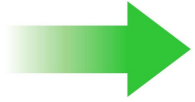
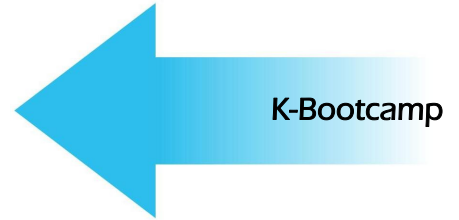
-You can get punished at either end if you don't throw it far enough

-Alternate which side you throw your MB from each round (round #1 is left side both throws, round #2 is right side both throws, etc)

X4

Weeks 7 & 8

K-Bootcamp



Workout #3: mb game

CIRCUIT #1

30 seconds Medicine Ball Pass (in a circle)

30 seconds Medicine Ball V-Sit Pass (in a circle while in a V-Sit)

X1

CIRCUIT #2

Place 2 cones 25 yards apart

30 seconds each exercise, then run to cone #2 and back to cone #1

Air Squats

Front Bridge

Split Squat Jumps

Side Bridge (left)

Stutter Steps

Side Bridge (right)

V-Sit

X1

CIRCUIT #3

RULES:

- Take turns throwing a MB as far as you can from a starting point
- Do the animal walk to the MB and perform the accompanying exercise
- Throw the MB back to the starting point using the same type of throw
- If the MB makes it past the starting point simply do the animal walk to the MB
- If the MB doesn't make it to the starting point, then do the animal walk to the MB and repeat the exercise as punishment

ANIMAL WALK/EXERCISE:

Round #1: Bear Walk/ 10 Push-ups

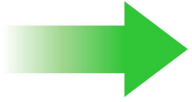
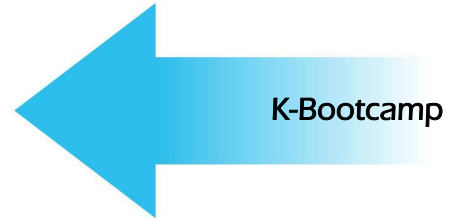
Round #2: Crab Sidle/ 30 Leg Raises

Round #3: Panther Walk/ 10 Burpees

Round #4: Tarantula Walk/ 50 Slaloms

Round #5: Sabertooth Walk/ 50 Scissor Kicks

Weeks 7 & 8



Workout #4: your choice

RULES:

- Place 5 cones 15 feet apart
- Do 1 of the 2 exercises at each cone (your choice)
- Do the listed animal walk or sprint from cone to cone
- Bring the Medicine Ball with you if needed (roll it ahead during the animal walk)
- After the last cone, sprint to the beginning, rest, and begin the next round

ROUND #1:

CHOICE: 5 Push-ups or 10 Leg Raises

CONE TO CONE: Bear Walk

ROUND #2:

CHOICE: 10 Siamese Squats or 5 Medicine Ball Sliders

CONE TO CONE: Sprint

ROUND #3:

CHOICE: 5—each side—Side Lunges or 5—each side—Scorpion Push-ups

CONE TO CONE: Crab Walk

ROUND #4:

CHOICE: 20 Slaloms or 10 Scissor Kicks

CONE TO CONE: Sprint

ROUND #5:

CHOICE: 5 Burpees or 7 Sprawls

CONE TO CONE: Bear Walk

ROUND #6:

CHOICE: 10—each side—Lateral Bound or 10 Push-ups

CONE TO CONE: Sprint

ROUND #7:

CHOICE: 10 MB V-Sit Twists or 20 MB V-Sit Twists

CONE TO CONE: Crab Walk

ROUND #8:

CHOICE: 5 Frog Jumps or 10 Monkey Pushes

CONE TO CONE: Sprint

ROUND #9:

CHOICE: 3 Inchworms or 10 Rowboats

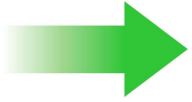
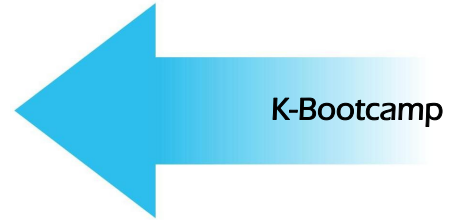
CONE TO CONE: Bear Walk

ROUND #10:

CHOICE: 10 Push-ups or 20 Scissor Kicks

CONE TO CONE: Sprint

Weeks 9 & 10



Workout #1: rotation #2

CIRCUIT #1 (ROTATION)

RULES:

30 seconds each exercise

5 seconds transition time between exercises

1 minute rest in between rounds

Start at a new exercise each round

EXERCISES:

Medicine Ball Thrusters

Medicine Ball V-Sit Twists

Medicine Ball Get-up Stand-up Slams

Mountain Climbers

Slaloms

Front Bridge

CIRCUIT #2

Place 3 cones 20 yards apart

20—each side—Medicine Ball Lunge Twists at cone #1

Sprint to cone #2

5 Burpees

Sprint to cone #3

10 Medicine Ball Sliders

Sprint back to cone #1

X2

CIRCUIT #3

Place 3 cones 20 yards apart

20 Leg Raises

Sprint to cone #2

5 Push-ups

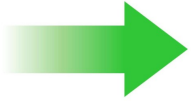
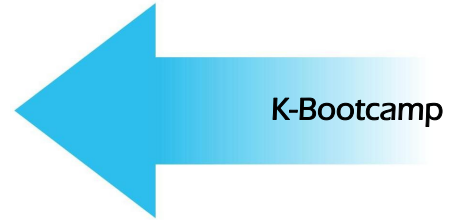
Sprint to cone #3

20 Scissor Kicks

Sprint back to cone #1

X2

Weeks 9 & 10



Workout #2: countdown

CIRCUIT #1

2—each side—Body Roll
2 Burpees
4—each side—Crab Crunch
4—each side—Side Lunge
8 Tuck Jumps
8 Sprawls
X1

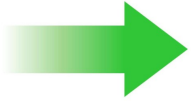
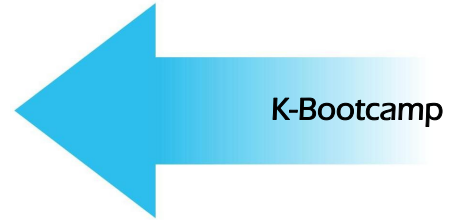
CIRCUIT #2

50 Leg Swoops
50 Siamese Squats
50 Rowboats
50 Pike Push-ups
40 Leg Swoops
40 Siamese Squats
40 Rowboats
40 Pike Push-ups
30 Leg Swoops
30 Siamese Squats
30 Rowboats
30 Pike Push-ups
20 Leg Swoops
20 Siamese Squats
20 Rowboats
20 Pike Push-ups
10 Leg Swoops
10 Siamese Squats
10 Rowboats
10 Pike Push-ups
X1

CIRCUIT #3

Repeat circuit #1

Weeks 9 & 10



Workout #3: throw your mb

RULES:

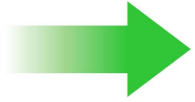
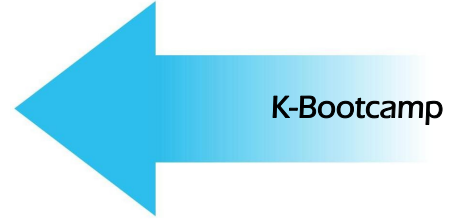
- Place 2 cones 100 yards apart with 8 more cones in between at various distances (a football field would come in handy for this)
- Start at one end and throw the Medicine Ball (different throw each round) from one end to the other
- When you pass by a cone (including end cones) you have to do the exercise for that round (same exercise entire round)
- It does not matter where your MB is when you pass a cone. You have to stop and do the exercise

THROWS/EXERCISES:

- Round #1: Overhead throw/10 Push-ups at each cone
- Round #2: Right side throw/10—each side—Crab Crunch
- Round #3: Overhead throw/5 Burpees
- Round #4: Granny throw/20 Ice Skaters
- Round #5: Overhead throw/20 Scissor Kicks
- Round #6: Left side throw/5—each side—Spiderman Push-ups
- Round #7: Overhead throw/30 Slaloms

Weeks 9 & 10

K-Bootcamp



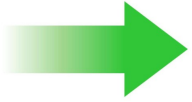
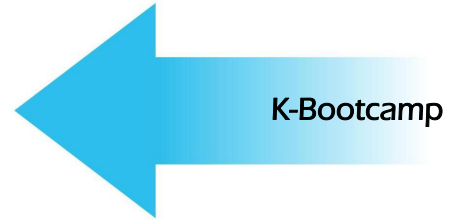
Workout #4: bodyweight jamboree

CIRCUIT #1

- 10 Get-up Stand-up Tuck Jumps
 - 10—each side—Scorpion Push-ups
 - 10 Inchworms
 - 10 Quad Squats
 - 10—each side—Frog to Side Bridge
 - 10 Burpees
 - 10 Psycho Push-ups
 - 10—each side—Pistols
 - 10 Pike Push-ups
 - 10 Tuck Jumps
 - 10 Air Squats
 - 10 Hindu Push-ups
 - 10 Squat Jumps
 - 10 Air Squats
 - 10 Mountain Climbers
 - 10—each side—Split Squat Jumps
 - 10 Frog Jumps
 - 10 Rowboats
 - 10—each side—Body Roll
 - 10—each side—Core Burpees
 - 10 Muslim Prays
 - 10—each side—Brazilian Crunches
 - 10 Burpees
 - 10—each side—Twist Push-ups
 - 10 Leg Raises
 - 10 Tuck Burpees
- X2

Weeks 11 & 12

K-Bootcamp



Workout #1: your choice #2

RULES:

- Place 5 cones 15 feet apart
- Do 1 of the 2 exercises at each cone (your choice)
- Do the listed animal walk from cone to cone
- Bring the Medicine Ball with you if needed (roll it ahead during the animal walk)
- After the last cone, sprint to the beginning, rest, and begin the next round

ROUND #1:

CHOICE: 30 Leg Raises or 10—each side—Side Lunges

CONE TO CONE: Inchworm

ROUND #2:

CHOICE: 40 Slaloms or 20 Scissor Kicks

CONE TO CONE: Tarantula Walk

ROUND #3:

CHOICE: 2 Aztec Push-ups or 10 Sprawls

CONE TO CONE: Crab Walk

ROUND #4:

CHOICE: 5 Muslim Prays or 15 Rowboats

CONE TO CONE: Frog Jumps

ROUND #5:

CHOICE: 5 Medicine Ball Get-up Stand-up Slams or 5—each side—Grasshopper Push-ups

CONE TO CONE: Stalking Panther

ROUND #6:

CHOICE: 5—each side—Scorpion Push-ups or 8—each side—Medicine Ball Lunge Twists

CONE TO CONE: Crab Walk

ROUND #7:

CHOICE: 5 Medicine Ball Sliders or 10—each side—Medicine Ball 1 Leg Dips

CONE TO CONE: Frog Jumps

ROUND #8:

CHOICE: 10 Medicine Ball Thrusters or 20 Push-ups

CONE TO CONE: Tarantula Walk

ROUND #9:

CHOICE: 10 MB V-Sit Twists or 20 MB V-Sit Twists

CONE TO CONE: Inchworm

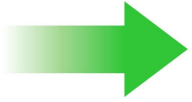
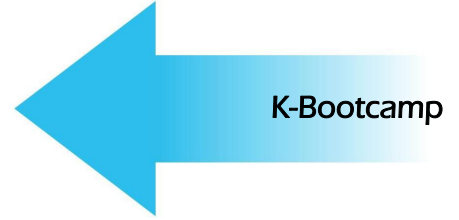
ROUND #10:

CHOICE: 10 Burpees or 10 Psycho Push-ups

CONE TO CONE: Stalking Panther

Weeks 11 & 12

K-Bootcamp



Workout #2: station work #2

RULES:

- 7 stations with 4 exercises at each station (no cones needed)
- each person has a Medicine Ball
- You can put people at different stations or all at one
- Do each of the 4 exercises for 1 minute without a break
- After 4 minutes, rest as long as needed before going to the next station
- The workout is complete when you have completed all 7 stations

STATIONS:

Station #1: Medicine Ball Sliders, Lunge Twists, Get-up Stand-up Slams, Thrusters

Station #2: Front Bridge, Side Bridge (left), V-Sit, Side Bridge (right)

Station #3: Crab Crunch (left), hold the MB overhead with left hand, Crab Crunch (right), hold the MB overhead with right hand

Station #4: Uneven Push-ups left hand raised, Squat Jumps, Uneven Push-ups right hand raised, Side Lunges

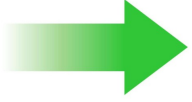
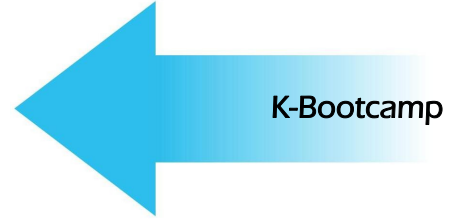
Station #5: MB 1 Leg Dips (left), Lateral Bound, 1 Leg Dips (right), Cossack Squats

Station #6: Medicine Ball Slams, Slams, Slams, Slams

Station #7: Leg Raises, Rowboats, Scissor Kicks, V-Sit

Weeks 11 & 12

K-Bootcamp



Workout #3: multiplier

RULES:

- Place 10 cones 5 yards apart (numbered 1 through 10)
- Do the # of repetitions for each exercise as a multiple of the # cone you are at (for example: if the multiplier is X1, then you do 1 rep at cone #1, 2 reps at cone #2, etc. consequently if the multiplier is X5, you do 5 reps at cone #1, 10 reps at cone #2, up until you do 50 reps at cone #10)
- Rest after you finish at cone #10 and either jog back to cone #1 for the next round, or simply go backwards by turning cone #10 into cone #1

EXERCISES:

Leg Raises X5 (the multiplier is 5 times)

Burpees X1

Rowboats X2

Superman Push-ups X2

Cossack Squats X3

Side Bridge Knee Tuck (do both sides for 1 rep) X1

Side Lunges (alternate sides and each step is a rep) X2

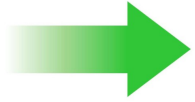
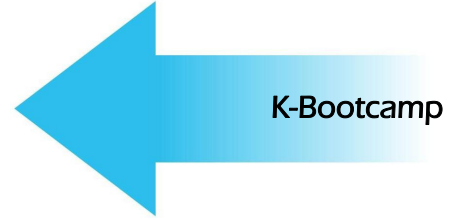
Muslim Pray X1

Slaloms X7

Note: If you haven't done the math already, there are 55 reps for X1!

Weeks 11 & 12

K-Bootcamp



Workout #4: slamming day

CIRCUIT #1

2 Inchworms

20 Slaloms

2—each side—Goat Jumps

20 Slaloms

2 Monkey Push

20 Slaloms

X1

CIRCUIT #2

50 Medicine Ball Slams

25 Squat Jumps

2 Psycho Push-ups (or Plyo Push-ups)

X2

CIRCUIT #3

10 Medicine Ball Slams

10—each side—Medicine Ball 1 Leg Dips

10—each side—Medicine Ball V-Sit Twists

10 Medicine Ball Slams

10—each side—Cossack Squats

10—each side—Superman Push-ups

10 Medicine Ball Slams

10 Medicine Ball Get-up Stand-up Slams

10—each side—Medicine Ball V-Sit Twists

10 Medicine Ball Slams

X1

CIRCUIT #4

30 seconds Medicine Ball Slams

5 Push-ups

X4