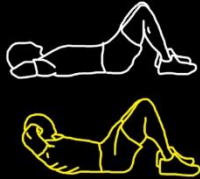


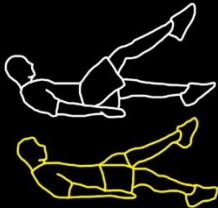


# Bootcamp Board Training Tips



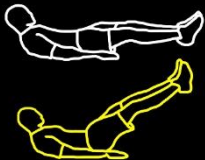
## Crunches

Lie on back with knees bent and calves parallel to the floor  
Cup ears loosely with hands  
Curl upper body to knees, squeeze abdominals  
Slowly return to starting position  
Do not fully clasp hands behind head or pull neck up



## Flutter Kicks

Lie Down with hands under buttocks, palms facing down  
Scissor Kick Legs 2-3 feet off the floor  
Heels should not touch floor during exercise  
Keep slight bend in legs during exercise



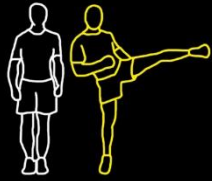
## Leg Raises

Lie down with hands under buttocks, palms facing down  
Keeping feet together and raise feet until legs are vertical  
Slowly return to starting position  
Maintain slow and controlled movement  
Keep slight bend in legs during exercise



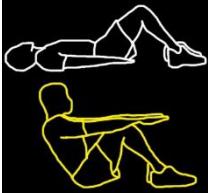
## Raised Leg Hold

Lie down flat with hands under buttocks, palms facing down  
Feet together and knees slightly bent raise both legs 1-2 feet off the floor  
Hold legs off floor for allotted time  
Slowly Return to starting position



### Side Leg Raises

Stand with your legs shoulder-width apart.  
Slowly lift one leg up and to the side waist height  
Pause for 3 seconds at top of range  
Switch sides half way through allotted time



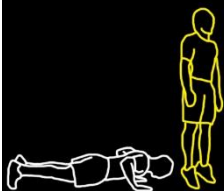
### Sit Ups

Lie on back with knees bent  
Arms at sides  
Curl body up, reaching out over knees  
Slowly return to starting position  
Keep head and back aligned during movement



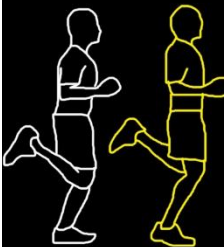
### Push Ups

Place hands shoulder width apart  
Keeping body straight, lower chest to floor  
Return to starting position  
Beginners perform exercise on knees



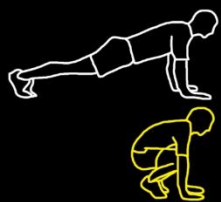
### Burpees

Drop to crouch position with palms on floor  
Thrust legs out behind you to press up position  
Pull legs back to crouch position, stand up



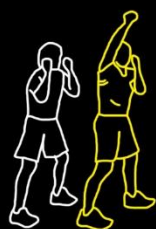
### But Kicks

Stand with your legs shoulder-width apart. Your arms should be bent at your sides.  
Flex the right knee and kick your right heel up toward your butt. Bring the right foot back down.  
As the right leg comes down, flex your left knee and kick your left foot up toward your butt.  
Repeat at a comfortable pace.



### **Plank Jump ins**

Drop to standard push up position  
Jump from toes and pull knees towards chest  
Thrust legs out behind you back to push up position



### **Overhead Punches**

Stand with feet shoulder width apart knees slightly bent  
Elbows to your side elbows bent 90 degrees  
Palms facing up over, make fists with hands  
Throw alternative punches directly upwards overhead



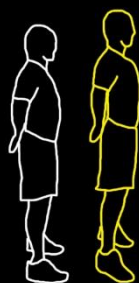
### **Pike Push Ups**

Begin in standard push-up position  
Lift hips and keep legs and arms straight so that your body forms an upside-down V  
Bend elbows and lower head and chest towards the floor  
Push and return to starting position



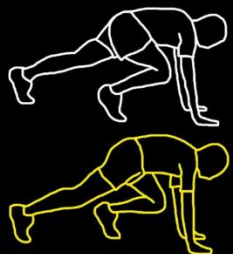
### **Shoulder Taps**

Begin in standard push-up position  
Touch your left shoulder with your right hand  
Return to starting position touch your right shoulder with your left hand  
Alternate side for allotted time



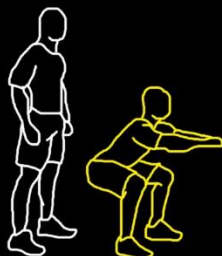
### **Calf Raises**

Stand with feet together (place hand on post for support)  
Flex ankles bearing weight as if to stand on tip toes  
Hold at top of extension, lower body down and repeat



### **Climbers**

Begin in standard push-up position  
Alternate knees to chest (upper body remains still)  
Keep head aligned with back and look straight ahead



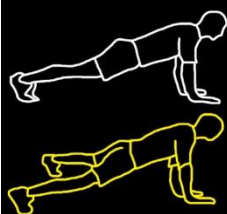
### **Squats**

Stand with feet wider than shoulder width apart  
As you squat raise arms out in front for balance  
Continue to squat until thighs are parallel to floor  
Return to starting position  
Do not allow knees to go forwards of toes



### **Side Lunges**

Stand with feet wider than shoulder width apart  
Step to the side and lower body until thigh is parallel to floor  
Step back and return to starting position  
Switch legs and repeat



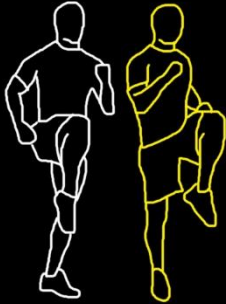
### **Plank Jacks**

Drop to standard push up position with feet together  
Spread legs apart with a slight jump from toes  
Return legs together and repeat



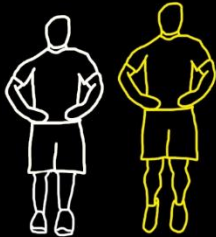
### Side Plank

Support body using elbow and forearm  
Tighten middle body to maintain well aligned posture  
Hold position for allotted time  
Switch sides halfway through time  
Beginners may hold position while on knees



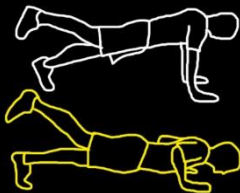
### High Knees

Stand with forearms parallel to the floor  
Run in place with knees lifting high enough to touch palms  
Keep head straight and forearms parallel to the floor



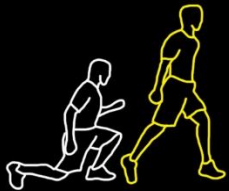
### Hops on Spot

Stand with feet shoulder width apart  
Using both feet at the same time gently jump/hop up and down  
2 hops per second is a good pace



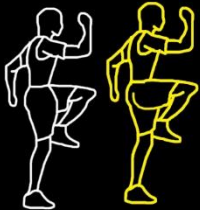
### Raised Leg Push Up

Begin in standard push-up position  
Raise one leg  
Keeping body straight, lower chest to floor  
Return to starting position  
Repeat with other leg



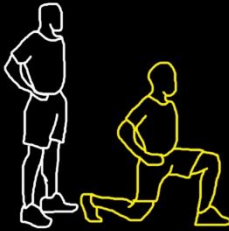
### **Jumping Lunge**

Stand with one foot in front of the other drop into a slight lunge position  
Push off the ground with both feet into a jump switching legs in mid air  
Land in a lunge position with hip and knee bent at 90 degrees  
Without rest repeat with alternating lunges



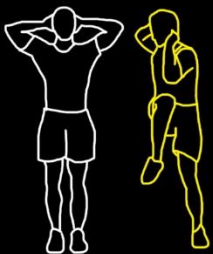
### **March Steps**

Stand with elbows in to the side and forearms parallel to the floor  
March in place with knees lifting high enough to touch palms  
Keep head straight and forearms parallel to the floor



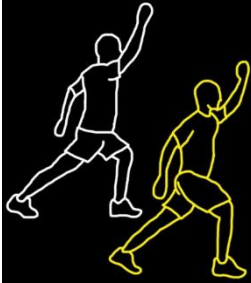
### **Lunges**

Stand with feet shoulder width apart and hands on hips  
Step forward and lower body until thigh is parallel to floor  
Step back and return to starting position  
Switch legs and repeat  
Do not allow knee to go forward of toe



### **Knees to Elbow**

Stand with feet shoulder width apart  
Cup ears loosely with hands  
March in place raising left knee to right elbow and right knee to left elbow  
Keep head straight



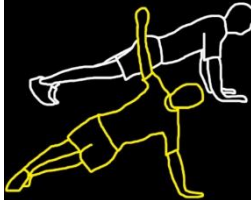
### **Split Jacks**

Stand with feet staggered, left foot forward  
Raise your right arm up and hold your left arm along your side.  
Jumping back with your left foot and forward with your right foot.  
Simultaneously swing your right arm back and your left arm up.  
Continue swinging arms and alternating legs back and forth



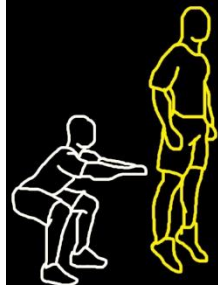
### **Elbow Plank**

Begin in modified push up position (on knees)  
Slowly lower down to elbows  
Lift knees off floor and hold a tight body position  
Hold for allotted time  
Beginners may remain on knees to hold position



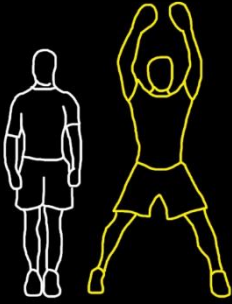
### **Plank Rotations**

Begin in standard push-up position  
Lift your left hand to the ceiling, twisting through your entire torso  
Bring your left hand back to the floor, and repeat this action on the other side



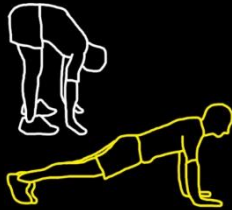
### **Jump Squats**

Stand with feet shoulder width apart  
Start in squat position then engage your core and jump up explosively  
Land as softly as possible  
Lower your body back into the squat position  
Repeat to allotted time



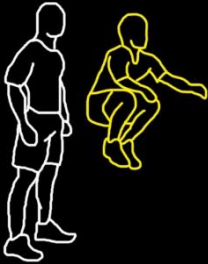
### **Jumping Jacks**

Jump up and spread legs and touch hands over head  
Jump again and return to the starting position



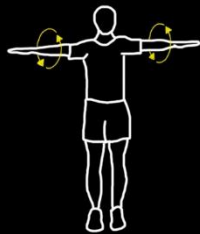
### **Plank Walk Outs**

Stand with feet shoulder width apart  
Bend forward, hinging at your hips to bring your hands to the ground  
Walk your hands forward, moving into a push-up position  
Hold for a few seconds  
Walk your hands back to your feet and then back out to the push-up position



### **Jumping Knee Tuck**

Stand with feet shoulder width apart  
Hold your hands out at chest height  
Lower your body quickly into a squat position  
Explode upwards bringing your knees up towards your chest.



### **Raised Arm Circles**

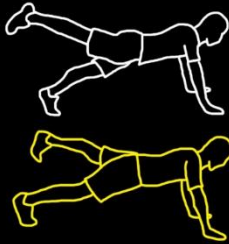
Stand with feet shoulder width apart  
Raise and extend arms to the side without bending elbows  
Slowly rotate arms forward making small circles about 1 foot in diameter  
After half the time has passed switch direction and rotate backwards





### **Lunge Step Ups**

Start in a lunge position with front foot planted firmly  
Drive the rear knee forward and up towards chest  
Front foot will be the standing foot, stay balanced and return to starting position  
Repeat on alternate side



### **Plank Leg Raises**

Begin in standard push-up position  
Raise one leg and hold for a second  
Keeping body straight  
Return to starting position and raise the other leg