

Bootcamp Workout ideas, suggestions



[IronMakeover](#) 410 posts since

Jul 7, 2008

Hey guys,

I led my first bootcamp-style workout (free) at a neighborhood park last night. I'm wondering:

- what you like most about bootcamp workouts
- what exercises are hardest in a good way
- what exercises you hate in a good way
- what you look forward to most in a bootcamp style workout

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- any other suggestions/ideas you have for making the ideal bootcamp mix

Thanks!

Sara Cox Landolt

Tags: triathlon, ironmakeover, bootcamp_workouts



[Active Toby](#) 1,540 posts since

Jun 5, 2007 1. **Re: Bootcamp Workout ideas, suggestions** Jul 1, 2009 12:34 PM

Hey Sara, there are a ton of resources on our YouTube channel: <http://www.youtube.com/profile?user=ACTIVEdotCOM&view=videos>

And also look here for some ideas: [ActiveX Training](#)

Plus I attached a .pdf with names and descriptions of exercises

Hope these help. I think what you are doing is fantastic 😊

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Attachments:

- [Cross_Training_Exercise_Descriptions.pdf](#) (193.3 K)



[biker351](#) 12 posts since

Jun 2, 2009 2. **Re: Bootcamp Workout ideas, suggestions** Jul 2, 2009 3:13 AM

I just finished an internship at Gold's Gym and for the last 8 hours I assisted in boot camp classes. To me boot camp makes you creative when coming up with new workouts. You can mix strength with cardio and give them a great workout. I gave them a good warm up, dynamic stretching then went to some "old school stuff" jumping jacks, squat thrusts, mountain climbers. I did a bunch of different exercises for abs and core, then I would use kettlebells, med balls and dumb bells for strength. To me this was alot more fun then a one on one with a client.



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Jul 7, 2008 3. **Re: Bootcamp Workout ideas, suggestions** Jul 2, 2009 5:59 AM

👤 in response to: [Active Toby](#)

Yes yes yes! Thanks! So good, thank you Toby.



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Jul 7, 2008 4. **Re: Bootcamp Workout ideas, suggestions** Jul 2, 2009 6:01 AM

👤 in response to: [biker351](#)

Very cool internship! Thanks for your feedback. The Mtn climber is one of my favorites. I hope to get a great mix of exercises & find challenges/variations for each level attending.

Best to you,

Sara

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