

**The Boot Camp Workout Anybody Can Do –
Even a Navy SEAL**
By Laura Golding
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With all the boot camps pitching their tents from coast to coast it can be hard to find the real deal. The official Women's Tri-Fitness and Men's Obstacle Course Challenge Boot Camp is located in Tampa, Florida. Forty weekends a year, athletes gather to learn the obstacle course, fitness skills, and how to train for an obstacle course competition without a course.

If it's out of your reach to attend a Tri-Fitness Boot Camp, a military-inspired boot camp of your own devise may fit the bill. Built on a reputation of hard-edged conditioning, the Navy SEALs and other elite military professionals train for mission-related performance. That means training must be comprised of exercises that accomplish muscular strength and endurance, cardio-respiratory endurance, flexibility, speed and agility, coordination and lean body composition.

Constantly varied functional movements at high intensity prepare an athlete or soldier for a broad range of tasks – from scaling a 10-foot wall to doing 50 box jumps to parachuting out of an airplane. Just substitute parachuting for clearing the 15-foot cargo net and you're in the TriFit drop zone!

The following workout is inspired from the physical fitness training manuals of the US Navy SEALs and US Army. Hooyah! Now get your booty out there!

ACTIVITY COMPARISON									
PURPOSE	MUSCULAR STRENGTH	MUSCULAR ENDURANCE	CARDIO-RESPIRATORY ENDURANCE	FLEXIBILITY	BODY COMPOSITION	SPEED / AGILITY	CO-ORDINATION	SOLDIER SKILLS	TRI-FIT SKILLS
Aerobics		X	X	X	X		X		X
Bicycling		X	X		X				
Circuits	X	X	X	X	X	X	X	X	X
Gymnastics	X	X	X	X	X	X	X	X	X
Obstacle Course	X	X	X	X	X	X	X	X	X
Partner-Resisted Exercises	X	X					X		X
Plyometrics	X	X	X	X	X	X	X	X	X
Relays		X	X		X	X	X		X
Sprinting		X	X		X	X			X
Stretching/Yoga				X			X		X
Weight Training	X	X			X		X		X

For more information or to register for a weekend boot camp in Tampa, contact Al Rosen trifitman@aol.com.

STATION #18
Rest Station
30 seconds

STATION #17
Leg Flutters
30 seconds

STATION #16
Bicycle Crunches
30 seconds

STATION #15
Tricep Press
30 seconds

STATION #14
Ab Crunch Legs Up
30 seconds

STATION #13
Wide Pushups
30 seconds

STATION #12
Mountain Climbs
30 seconds

STATION #11
Single Leg Jump
30 seconds

STATION #10
Rest Station
30 seconds

STATION #1
High Knees Run
30 seconds

STATION #2
Side Hurdle Hops
30 seconds

STATION #3
Push-Ups
30 seconds

STATION #4
Supermans
30 seconds

STATION #5
High Jumps
30 seconds

STATION #6
Split Squat Jump
30 seconds

STATION #7
Close Push-Ups -
Narrow Stance
30 seconds

STATION #8
V-Ups
30 seconds

STATION #9
Squats
30 seconds

Do 2-3 complete rotations without resting in between stations. One minute rest between rotations (if needed).

- No equipment is needed for the exercises except side hurdle hops. Use a 12" hurdle, rolled up towel, or mat placed on the ground
- Add or remove stations based on your time frame that day and your ability.
- If possible place stations 10 yards apart to allow for more running.
- An ideal location is around the perimeter of a football field. The stripes running across the field are at five-yard intervals.
- A park, tennis court, gymnasium or fitness club aerobics room are other great locations.

Exercise Dictionary

High Knees Run: Run in place or between stations bringing knees as high upward as possible.

Side Hurdle Hops: Place a 12" obstacle/hurdle on the ground – such as a rolled up towel, a ball or cone; quickly jump side to side over it.

Supermans: Lie on the ground with arms and legs extended. Keep your neck and spine neutral and look slightly ahead. Raise your upper body in a slow and controlled movement without touching the floor. Keep your legs off the floor and hold them still. Make sure to squeeze your lower back and glutes.

High Jumps: Feet are shoulder width apart with knees flexed. Bend at waist; align arms with torso and hips. Jump strongly upward while swinging arms forward and up overhead, repeat as quickly as possible.

Split Squat Jump: Start on right leg forward, bend left knee to lunge about an inch from ground, with a powerful jump up switch legs midair to left leg forward, right knee bent to floor; repeat as quickly as possible.

Close pushups: Pushups with hands close together.

V-Ups: Lie on your back with your arms extended overhead and feet 4-6" off the ground; touch hands to feet in a "V" and return to starting position.

Flutter Kicks: Lie on your back with your hands beneath your butt, head and shoulders off the ground; feet elevated 6-18" off ground, alternately raise and lower legs – flutter kicking.

Single Leg Jump: Jump for 15 seconds on one leg as high as possible; switch legs and repeat.

Mountain Climbers: Starting at a pushup position, "run" in place as fast as you can – bring knees towards chest.

Wide Pushups: Pushups with a wide hand and feet position

Ab Crunch: Legs bent at 90 degrees; keep chin up and crunch.

Tricep Press: Keep a wide base with feet; rock your shoulders forward bending elbows and press up with triceps.

High Knee Jumps: Stand with feet shoulder-width apart. Jump up repeatedly, as fast as possible, while bringing up knees to meet hands in arms-stretched out height.

Bicycle Crunches: Bicycle left elbow toward right knee and then right elbow toward left knee.

Leg Flutters: Lie on your back with your hands beneath your butt, head and shoulders off the ground; feet elevated 6-18" off ground, alternately raise and lower legs – flutter kicking.