

6 - The Boot Camp Workout Anybody Can Do

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The Boot Camp Workout Anybody Can Do –
Even a Navy SEAL
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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!

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

high knees - 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.

pushups

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 jumps - 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.

squats

single leg jumps - Jump for 15 seconds on one leg as high as possible; switch legs and repeat.

mountain climbs - 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 feet elevated - 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.

bicycle crunches - Bicycle left elbow toward right knee and then right elbow toward left knee.

leg flutters