

Bootcamp Automator Month#7



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Bootcamp Automator Month#7



BOOTCAMP
automator™

powered by
WORKOUT
MUSE

Automating your monthly
fitness bootcamp workouts
is as simple as **1-2-3:**

- 1-** The mp4 instructional workout videos show your staff **EXACTLY** what to do
- 2-** The interval workout music mp3 soundtracks tell your campers **EXACTLY** what to do
- 3-** Press **PLAY** and **CRANK IT!**

***Smartphone and Video iPod
Compatible**

Click **HERE** to learn more!

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The Bootcamp Automator Monthly Training Overview

- Each bootcamp workout officially begins with the prescribed 5-minute **Pre-Workout Routine** consisting of mobility and activation exercises to best prepare the body for the upcoming **Metabolic Workout**.
- A **Metabolic Workout** features a total body workout in alternating set or circuit format that combines the muscle building benefits of resistance training with the cardiovascular benefits of cardio training. The result is a killer bootcamp-style workout that will supercharge metabolism for up to 48 hours post-workout, build lean muscle, blast belly fat, and get your campers into the best shape of their life with only three 30-minute express workouts per week. These workouts address all 5 key movement patterns and work the whole body in all 3 planes of movement (sagittal, frontal, and transverse) over the course of a training week: hip-dominant, pushing, knee-dominant, pull and/or scapulothoracic, and pillar (integrated shoulders, hips, and core).
- Alternate between Metabolic Workout A, B, and C with ideally 48-hours between each workout. Perform 3 Metabolic Workouts per week for best results. We've found the best annual training calendar to operate on a 3 weeks on, 1 week off format. The week off consists of active recovery days to provide campers with mental and physical regeneration to get ready for the next month's routines. Below is a sample outline of a monthly bootcamp training schedule:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Metabolic Workout A	Cardio Intervals	Metabolic Workout B	Cardio Intervals	Metabolic Workout C	Cardio Intervals	Active Recovery
Week 2	Metabolic Workout A	Cardio Intervals	Metabolic Workout B	Cardio Intervals	Metabolic Workout C	Cardio Intervals	Active Recovery
Week 3	Metabolic Workout A	Cardio Intervals	Metabolic Workout B	Cardio Intervals	Metabolic Workout C	Cardio Intervals	Active Recovery
Week 4	Active Recovery	Active Recovery	Active Recovery	Active Recovery	Active Recovery	Active Recovery	Active Recovery

- **OPTIONAL:** For best results campers should perform cardio intervals on the days between their metabolic workouts to accelerate whole body fat burning and rapidly improve conditioning. The best resource for these cardio interval workouts is the **Soundtrack of the Month Club** powered by Workout Muse. Be sure to sign-up as a Workout Muse affiliate to be able to promote this club to your campers and generate monthly passive income with 60% recurring commissions.
- Active recovery means campers perform some form of low to moderate intensity activity for 30-60 minutes. Any recreational activity will do including but not limited to recreational sports, brisk walking, and corrective exercise protocols like self-massage, flexibility training, and mobility and activation work. In general, the goal is to get at least 30 minutes of daily active recovery to establish a healthy baseline activity level.

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- Each routine (both pre-workout and metabolic workout) provides completely customized exercise progressions to best match the wide variety of fitness levels within your camps. Please reference the chart below to best understand the Level I, II, III concept:

Level I- Beginner	Level II- Intermediate	Level III- Advanced
If you are 30+ lbs ABOVE your ideal body weight OR If you are 10-20 lbs ABOVE your ideal body weight AND you have NOT worked out consistently in the last 3 months (if ever)	If you are 10-20 lbs ABOVE your ideal body weight AND you have been working out consistently for the last 3 months or more OR If you are within +/- 5 lbs of your ideal body weight AND you have NOT worked out consistently in the last 3 months (if ever)	If you are within +/- 5 lbs of your ideal body weight AND you have been working out consistently for the last 3 months or more

- **Monthly Instructional Workout mp4 Videos:** We have provided detailed instructional videos for each workout that show you the Level I, II, and III exercise variations along with expert coaching cues that we use within our own camps to run safe and effective large group workouts. These videos are mp4 files and can be played on your computer or on a video ipod or smartphone (iPhone, Blackberry, Droid, etc.).
- **Monthly Interval Workout Music mp3 Soundtracks:** In addition, we have provided you with the interval workout mp3 soundtracks that will tell your campers exactly what to do so you can focus on client motivation and supervision instead of the low skill task of looking at your clock. These mp3 soundtracks can be played on your computer, burned to a CD, or imported onto your mp3 player or iPod.
- **Progression:** It's really as simple as moving up and down levels to make the workouts harder or easier as needed. Your goal is to gradually work your campers up to Level III. So if campers start at Level I, they should first be able to master the Level I workouts before moving onto the Level II workouts and so forth. Mastery implies that your campers can safely and effectively perform each exercise in a pain-free full range of motion within a given workout without the need to rest or pause at any point during the work periods.
- It is highly recommended that your campers perform 5-15 minutes of corrective stretching and self-massage both pre and post-workout. Focus on the most sore and/or tight areas of the body to bolster injury prevention and speed recovery. The best resource for this corrective work is **Mission Unbreakable** powered by Workout Muse.
- Each and every month you will receive a new set of workouts with new interval protocols and new exercises. This will provide the variety needed to keep your camps exciting, fun, and fresh in addition to ensuring that your campers will never encounter any frustrating training plateaus!

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Pre-Workout Routine

Pre-Workout Routine- 5-Minute Warm-up: *Alternate between 50 seconds of work and 10 seconds of rest for each exercise in the following 5-minute warm-up circuit.*

Order	Exercise Variation	Level I	Level II	Level III
1	Squat	Squat to Stand	Squat to Stand + Extension	Squat to Stand + Extension-Rotation
2	Sagittal Lunge	Split Squat	Reverse Lunge	Forward Lunge
3	Frontal/Transverse Lunge	Lateral Squat	Lateral Lunge	Rotational Lunge
4	Stiff-Legged Deadlift (SLDL)	2-Leg SLDL	1-Leg SLDL with Reach	1-Leg Asymmetrical SLDL
5	Push-up	Calf-Hamstring Push-up Hold	Calf-Hamstring Push-up+	1-Leg Calf-Hamstring Push-up+

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Equipment-Based Metabolic Workout Routines

30-Minute EXPRESS Workouts for Busy People

- These equipment-based workouts involve group exercise friendly equipment options like resistance bands, TRX suspension training units, stability balls, valslides, dumbbells, kettlebells, med balls, battle ropes, etc. Please reference the provided equipment-free versions of these workouts if you have limited equipment access.

30-15 Metabolic Circuit Training

3 Equipment-Based Workouts

	Equipment-Based Workout A	Equipment-Based Workout B	Equipment-Based Workout C
Interval Protocol	30-15 Six-Exercise Circuit	30-15 Six-Exercise Circuit	30-15 Six-Exercise Circuit
Exercise Selection and Order	1- MB Reaching 1-Leg SLDL's Variation 2- TRX Suspended Cross-Body Atomic Push-up Variation 3- KB 1-Arm Front Squats Variation 4- DB Hammer Curls with Static Hold Variation 5- Valslide/Slideboard Body Saw Variation 6- Battle Ropes Smashing Waves Variation	1- KB Alternating Swings Variation 2- Free Band Overhead Press Drop Set Variation 3- TRX Suspended Balance Lunges Variation 4- Floor T Raises Variation 5- Battle Ropes Hip-Toss Variation 6- KB 2-Arm High Pull to Catch Squat to Press Variation	1- TRX Suspended Leg Curl Variation 2- MB Close-Grip Push-ups/Chest Passes Complex Set Variation 3- Valslide/Slideboard Reverse Lunge + Lateral Lunge Variation 4- KB 1-Arm Rotational Cleans Variation 5- Rolling Side Pillar Variation 6- Battle Ropes Jumping Jacks Variation

- It is highly recommended that campers perform 5-15 minutes of corrective stretching and self-massage both pre and post-workout. Focus on the most sore and/or tight areas of the body to bolster injury prevention and speed recovery.

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Equipment-Based Metabolic Workout Routines

Workout A- 20 Minutes: 30-15 Metabolic Circuit: Alternate between 30 seconds of work and 15 seconds of rest for each exercise in the following 6-exercise circuit followed by a 60-second rest and transition between circuits.

Station#	Exercise Variation	Level I	Level II	Level III
1	Med Ball (MB) Reaching 1-Leg Stiff-Legged Deadlift (SLDL) Variation	Bodyweight or Decrease Loading	MB Reaching 1-Leg SLDL	MB Reaching 1-Leg SLDL + High Knee
2	TRX Suspended Cross-Body Atomic Push-up Variation	Progress from Push-up Hold to TRX Suspended Push-up Hold	Progress from TRX Suspended Atomic Push-up Hold to TRX Suspended Atomic Push-up	TRX Suspended Cross-Body Atomic Push-up
3	Kettlebell (KB) 1-Arm Front Squats Variation	Bodyweight or Decrease Loading	KB 1-Arm Front Squats	Increase Loading
4	Dumbbell (DB) Hammer Curls with Static Hold	Decrease Loading	DB Hammer Curls with Static Hold	Increase Loading
5	Valslide/Slideboard Body Saw Variation	Front Pillar Hold	Valslide/Slideboard Body Saw	Increase Range of Motion (ROM)
6	Battle Ropes Smashing Waves Variation	Parallel Stance Battle Ropes Smashing Waves	Split Stance Battle Ropes Smashing Waves	Bigger and Faster Waves

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Equipment-Based Metabolic Workout Routines

Workout B- 20 Minutes: 30-15 Metabolic Circuit: Alternate between 30 seconds of work and 15 seconds of rest for each exercise in the following 6-exercise circuit followed by a 60-second rest and transition between circuits.

Station#	Exercise Variation	Level I	Level II	Level III
1	Kettlebell (KB) Alternating Swings Variation	KB 2-Arm SLDL	KB 2-Arm Swings	KB Alternating Swings
2	Free Band Overhead Press Drop Set Variation	Decrease Loading	Free Band Overhead Press Drop Set	Increase Loading
3	TRX Balance Lunges Variation	Progress from TRX Split Squats to TRX Reverse Lunges	TRX Balance Lunges	TRX Balance Lunges + Jump
4	Floor T Raise Hold Variation	Floor T Raise Hold	Increase Loading	Increase Loading
5	Battle Ropes Hip Toss Variation	Decrease Speed of Movement and Range of Motion	Battle Ropes Hip Toss	Increase Speed of Movement and Range of Motion
6	Kettlebell (KB) 2-Arm High Pull Catch Squat to Press	Progress from KB 2-Arm Sumo Deadlift to KB 2-Arm High Pull	KB 2-Arm High Pull Catch Squat	KB 2-Arm High Pull Catch Squat to Press

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Equipment-Based Metabolic Workout Routines

Workout C- 20 Minutes: 30-15 Metabolic Circuit: Alternate between 30 seconds of work and 15 seconds of rest for each exercise in the following 6-exercise circuit followed by a 60-second rest and transition between circuits.

Station#	Exercise Variation	Level I	Level II	Level III
1	TRX Suspended Leg Curls Variation	TRX Suspended Hip Extensions	TRX Suspended Hip Extensions + Leg Curls	TRX Suspended Leg Curls- Employ Pendulum Progression
2	Med Ball (MB) Close-Grip Push-ups/MB Chest Passes Complex Set Variation	MB Close-Grip Push-up Hold/MB Chest Passes Complex Set	MB Close-Grip Push-ups/MB Chest Passes Complex Set	Increase Loading
3	Valslide/Slideboard Reverse Lunge + Lateral Lunge Variation	Split Squats	Valslide/Slideboard Reverse Lunges	Valslide/Slideboard Reverse Lunge + Lateral Lunge
4	Kettlebell (KB) 1-Arm Rotational Cleans Variation	Progress from KB 1-Arm Sumo Deadlift to KB 1-Arm Assisted Clean	KB 1-Arm Clean	KB 1-Arm Rotational Clean
5	Rolling Side Pillar Hold Variation	Short-Lever Side Pillar Hold	Long-Lever Side Pillar Hold	Rolling Side Pillar Hold
6	Battle Ropes Jumping Jacks Variation	Progress from Stepping Jacks to Jumping Jacks	Battle Ropes Jumping Jacks	Increase Speed of Movement and Range of Motion

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Equipment-Free Metabolic Workout Routines

30-Minute EXPRESS Workouts for Busy People

- These equipment-free workouts are modified versions of the aforementioned equipment-based workouts for those camps with limited access to fitness equipment. Simply substitute Equipment-Free Workout A for Equipment-Based Workout A and so forth as needed. These equipment-free routines are ideal for outdoor camps and corporate camps where equipment is limited.

30-15 Metabolic Circuit Training

3 Equipment-Free Workouts

	Equipment-Based Workout A	Equipment-Based Workout B	Equipment-Based Workout C
Interval Protocol	30-15 Six-Exercise Circuit	30-15 Six-Exercise Circuit	30-15 Six-Exercise Circuit
Exercise Selection and Order	1- Running SLDL's Variation 2- Cross-Body Push-up Variation 3- Forward Squat Walks Variation 4- Bent-Over T Raises Variation 5- Push-up Walkout Variation 6- Power Skips Variation	1- Hip Extension Variation 2- Lateral Push-up Variation 3- Walking Lateral Lunges Variation 4- Bent-Over L Rows Variation 5- Upper Body Twists Variation 6- Speed Punches Variation	1- Back Pillar Variation 2- Rotational Push-up Variation 3- Monster Walking Lunges Variation 4- Bent-Over Y Raises Variation 5- Rolling Side Pillar Variation 6- Long Jumps Variation

- It is highly recommended that campers perform 5-15 minutes of corrective stretching and self-massage both pre and post-workout. Focus on the most sore and/or tight areas of the body to bolster injury prevention and speed recovery.

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Equipment-Free Metabolic Workout Routines

Workout A- 20 Minutes: 30-15 Metabolic Circuit: Alternate between 30 seconds of work and 15 seconds of rest for each exercise in the following 6-exercise circuit followed by a 60-second rest and transition between circuits.

Station#	Exercise Variation	Level I	Level II	Level III
1	Running Single-Leg Deadlifts (SLDL) Variation	1-Leg Reaching SLDL Against Wall	1-Leg Reaching SLDL in Free Space	Running SLDL's
2	Cross-Body Push-up Variation	Push-up Hold	Cross-Body Push-up Hold	Progress from Cross-Body Push-ups to EXTREME Cross-Body Push-ups
3	Squat Walks Variation	Squats	Forward Squat Walks	Multi-Directional Squat Walks
4	Bent-Over T Raises Variation	Parallel Stance Bent-Over T Raises- 4-sec hold at top	Split Stance Bent-Over T Raises- 4-sec hold at top	1-Leg Bent-Over T Raises- 4-sec hold at top
5	Push-up Walkout Variation	Push-up Walkout	Extended Push-up Walkout	Increase Range of Motion (ROM)
6	Power Skips Variation	Marching	Low Skipping	High Skipping

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Equipment-Free Metabolic Workout Routines

Workout B- 20 Minutes: 30-15 Metabolic Circuit: Alternate between 30 seconds of work and 15 seconds of rest for each exercise in the following 6-exercise circuit followed by a 60-second rest and transition between circuits.

Station#	Exercise Variation	Level I	Level II	Level III
1	Bent-Knee Hip Extension Hold Variation	2-Leg Bent-Knee Hip Extension Hold with Hands on Floor	2-Leg Bent-Knee Hip Extension Hold with Elbows on Floor	2-Leg Bent-Knee Hip Extension Hold with Arms off Floor
2	Lateral Push-ups Variation	Push-up Hold	Lateral Push-up Hold	Lateral Push-ups
3	Walking Lateral Lunges Variation	Lateral Squats	Lateral Lunges	Progress from Walking Lateral Lunges to 180-Degree Walking Lateral Lunges
4	Bent-Over L Rows Variation	Parallel Stance Bent-Over L Rows	Split Stance Bent-Over L Rows	1-Leg Bent-Over L Rows
5	Upper Body Twist Variation	Feet on Floor with Knees Bent at 90-Degrees	Feet off Floor with Knees Bent at 90-Degrees	Feet off Floor with Legs Straight
6	Speed Punches Variation	Decrease Speed of Movement	Speed Punches (Jab and Straight Combo)	Decrease Speed of Movement

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Equipment-Free Metabolic Workout Routines

Workout C- 20 Minutes: 30-15 Metabolic Circuit: Alternate between 30 seconds of work and 15 seconds of rest for each exercise in the following 6-exercise circuit followed by a 60-second rest and transition between circuits.

Station#	Exercise Variation	Level I	Level II	Level III
1	Back Pillar Variation	Knees Bent, Hands on Floor	Legs Straight, Hands on Floor	Legs Straight, Forearms on Floor
2	Rotational Push-ups Variation	Push-up Hold	Rotational Push- up Hold	Rotational Push- ups
3	Monster Walking Lunges Variation	Progress from Split Squats to Reverse Lunges	Progress from Forward Lunges to Walking Lunges	Monster Walking Lunges
4	Bent-Over Y Raises Variation	Parallel Stance Bent-Over Y Raises- 4-sec hold at top	Split Stance Bent-Over Y Raises- 4-sec hold at top	1-Leg Bent-Over Y Raises- 4-sec hold at top
5	Rolling Side Pillar Hold Variation	Short-Lever Side Pillar Hold	Long-Lever Side Pillar Hold	Rolling Side Pillar Hold
6	Long Jumps Variation	Decrease Speed of Movement and Range of Motion	Long Jumps	Increase Speed of Movement and Range of Motion