**KIN 119- BOOT CAMP**

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1. **What is Boot Camp?**
* An intense, interval workout that combines cardiovascular training, resistance training, and sports conditioning training that is physically challenging, emotionally & spiritually uplifting, and a ton of fun.
* Teamwork & Motivation
1. **What does Boot Camp provide for a client?**
	* Accountability & Teamwork
	* Motivation & A Physical Challenge
	* Social Component & Diversity
	* FUN & RESULTS!!!
2. **What do you need to provide for a GREAT Boot Camp?**
* No special equipment
* A few chants to sing for “Cadence Runs”
* Camaraderie & Spirit
* Can be indoors or outdoors
* A combination of both great personal training skills and great group exercise instructor skills
* Instructor/pupil ratio (1:20)
* Strong Presence (shirt, hat, whistle, etc.)

**Boot Camp Class Format**

1. General Warm-up (5 minutes)
2. Dynamic Warm-up (10 minutes)
3. Combination of cardio drills, agility drills, resistance training drills

 **Resistance Training:**

* 1. Dirty Dogs
	2. Dive-Bomber Pushups
	3. ½ Way Pushups
	4. Scissor Kicks
	5. Flutter Kicks
	6. Walking Lunges
	7. 1 Legged Balance Touches

 **Plyometrics:**

1. Plyo Build-ups (Squat jumps & lunge hops)
2. Leap frogs
3. Skater plyos
4. 1 legged hops
5. Partner Abdominal Leg Throws
6. Partner Plyo sit-ups

**Partner Resistance Work:**

1. Partner Pushups (with agility runs or lateral jumps)
2. Partner Sit-ups
3. Partner Shoulder Raises
4. Eccentric Hamstring Drops with Plyo Pushups

 **Partner Agility Drills:**

1. Mirror drill
2. Hand-slap tag
3. Tag games
4. 3 person weave (shuffles, runs)

 **Cardio & Conditioning Drills**

1. Sprints
2. Shuttle runs
3. Relay races with a challenge

**Boot Camp Chants:**

**Moti, Moti, Gotta lotta motivation…………… Deda, Deda, Gotta lotta dedication …….. Motivate……..Dedicate…..Everyday….ooohhh rahhhhhh………I love it……I need it….. everyday…………..PT………….Everyday……….Breathe it in…….Breathe it out……….breathe it in………..breathe it out………..2nd wind…………feels great…………**

**Listen to the rhythm of the tiny, tiny feet………….it sounds like the army in a full retreat………..listen to the rhythm of the tiny, tiny feet……..it sounds like the fly-boys in a full retreat………..oohhh, rahhh………Marine Corps…..your Corps…our Corps…..Marine Corps**

**My grandmother was 71, she did her PT just for fun………….**

**My grandmother was 72, she did her PT better than you………..
My grandmother was 73, she had a bad knee and she liked to climb trees…………………..**

**My grandmother was 77, than she died and went to heaven……**

**My grandmother was 78, she went side-straddle hoppin’ through the pearly gates……………..**

**My grandmother was 79, she had ole J.C. doubled in time…..**

**Grandma……I love her……Grandma……….Ohhhraahhh, grandma…is the best…love her**

**Everywhere we go…………people ought to know……….who we are…………where we come from………….we come from an island…………a motivated island…………a dedicated island……….Paris Island………..on that island………there is sand…….in that sand………….will make a mannnnnn………oh, oh, ohh-ohhh……….ohhhhh, ohhhhh, ohhhhh, ohhhh…………ooorahhh, o-yea….love it…..need it….PT**

**Hey there armmmyyyy……..get in your tanks and follow me……….**

**Hey there navvvvvvyyyy….get on your ships and follow me………**

**Hey there fly-boys………get in your jets and follow me………..we are Marine Corps infantry……….we love our country, we want to be free….**

**Whacha gonna do when you get back……….take a shower and take a nap……….oh, no…..not us………..watcha gonna do when you get back……shine your shoes and the shine the rack**

**Lift your head and hold it high………we’re the Charlie Company runnin’ by…………**

**Lift your head and hold it proud……….we’re running fast and we’re soundin’ loud……..**

**Up in the mornin’ with the risin’ sun……….we’re going to run, run, run, til the day is done**

**Up in the mornin’ way to soon………….hungry as heck by noon………I went to the mess hall on my knees……I said Charlie, Charlie feed me please………He looked at me with a big old grin, he said if you want to be in Boot Camp, you must work to be thin…..ahhh, haaaa……… one mile…………not bad………two miles……..pretty good……….three miles……….feels great……….four miles…………1, 2, 3, 4 United States Marine Corps**

**I used to drive a Cadillac……….now I am wearing a knapsack**

**I used to drive a big red dodge……..and now I’m dressed in camaflouge**

**I used to drive a pick-up truck……………….now I fight for my country and make a buck**

**I like working for Uncle Sam…………let’s me know just who I am…………I like working for Uncle Sam…………….let’s me know just who I am………Uncle Sam………is the man………is the man……….the best man………….I love him……..die for him………Uncle Sam…………..**

**If you want it………..you gottta work for it……..you gotta sweat for it………..you gotta bleed for it........you gotta want it……….you gotta see it………..you gotta feel it…….Work for it……bleed for it……….VISION………COMMITMENT……….PERSEVERE…… DEDICATE….. MOTIVATE……………OHHH, RAHHHH………I LOVE IT!!!!!!!!!!!**

**Prepared by Todd Durkin Enterprises & Fitness Quest 10**

**For more information, visit:** [**www.todddurkin.com**](http://www.todddurkin.com) **or** [**www.fitnessquest10.com**](http://www.fitnessquest10.com)

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**“10 IN—10 OUT”**