

BOOT CAMP CHALLENGE

Challenge Your Clients
and Keep Them Forever!



- SAMPLER -

Table of Contents

Table of Contents	2
<i>Exercise Considerations.....</i>	3
<i>Disclaimer.....</i>	3
Workout #1 Take Away Bodyweight Challenge.....	4
Workout #10 Jump and Push Challenge	6
Workout #13 Skip Push Jump Challenge	8
Workout #15 100 Reps of Hell Challenge.....	10
About Shawna Kaminski.....	12
About Rick Kaselj.....	13
Other Products from Rick Kaselj	15
Ready-to-Download Video Presentations from Rick Kaselj.....	17

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Exercise Considerations

Consult with a physician before beginning the exercises in this book. A physician can determine which exercises are appropriate for you or your clients, and if any should be avoided or modified.

Disclaimer

Boot Camp Challenge Sampler is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect your client has a health problem, please have him or her seek the services of a physician or healthcare professional.

Exercise is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in exercise and exercise prescriptions are inevitable. The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. However, in view of the possibility of human error or changes in exercise science, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

Please note: For your information and reference, I have included URLs and hyperlinks to web pages I've researched, relevant to the contents of this manual/guide/book. While I am unable to guarantee that these links will remain active, should you have any questions regarding my online research, please contact me directly.

Workout #1 Take Away Bodyweight Challenge

Timed set:

Record the total time it takes to complete this workout.

Equipment:

Timer

Exercises:

Burpees (full body extensions, modified burpee)

Squats

Push ups (modified push up)

Mountain climbers

Bicycle crunches

Rules of the test:

Start at 10 reps of each exercise. Rest as little as possible, do 9 reps of each exercise, count down until the client finishes with 1 rep of each exercise. Stop the clock.

Training Variation:

Use the same exercises, start at rep 1 and count up to 10.

Workout #10 Jump and Push Challenge

Rep count test:

Record the total reps completed during this workout.

Equipment:

Jump rope, timer

Exercises:

Jump rope
Push up

Rules of the test:

This is a descending set of jump rope and push ups:

- 1 min of jump rope, followed directly with one min of push ups.
Record. No rest.
- 45 sec of jump rope, followed directly with 45 sec of push ups.
Record. No rest.
- 30 sec of jump rope, followed directly with 30 sec of push ups.
Record. No rest.
- 15 sec of jump rope, followed directly with 15 sec of push ups.
Record. No rest.

Training Variation:

- Timed set – one minute skip/30 sec push up. Repeat 5 times.
- Timed set – one minute push up or chest press/30 sec skip.

Repeat 5 times.

(These are separate workouts.)

Challenge Workout #10 Jump and Push **Individual Rep Count Template**

NAME OF CAMPER: _____

Record the **number of reps** of each exercise for each set. Use the following table:

TEST 1

Record the number of push ups after each set, and the TOTAL number of push ups for the entire set.

Set:	Number of push ups
Set 1 - 1 min	
Set 2 - 45 seconds	
Set 3 - 30 seconds	
Set 4 - 15 seconds	
Total number of push ups:	

TEST 2

Set:	Number of push ups
Set 1 - 1 min	
Set 2 - 45 seconds	
Set 3 - 30 seconds	
Set 4 - 15 seconds	
Total number of push ups:	

Workout #13 Skip Push Jump Challenge

AMRAP set:

Count the total rounds completed in 12 minutes. Partial rounds will not be counted, only complete rounds count for the final score.

Equipment: jump rope, bench or box, timer

Exercises:

Jump rope 50 rotations
10 Rotational push ups
10 Box jumps (or squat jumps)

Rules of the test:

Campers will start the test with 50 jump rope rotations, followed by 10 rotational push ups, 10 box jumps. They will repeat this circuit in AMRAP style for 12 minutes. Record the total number of rounds completed in the time allotted. Encourage campers to beat their score each time they try this.

Training Variation:

Do a timed set of 40/10 using the same exercises. Do four rounds of the circuit.

Workout #15 100 Reps of Hell Challenge

AMRAP set:

Count the total rounds completed in 12 minutes. Partial rounds will not be counted, only complete rounds count for the final score.

Equipment:

timer, DB's, jump rope

Exercises:

10 burpees
10 renegade row push ups
10 mountain climbers (per leg)
10 DB walking lunges (per leg)
10 DB squats
50 skips

Rules of the test:

Campers will choose and record a DB weight that they can use for the renegade push ups, walking lunges and squats.

Repeat the round as many times as possible using the same DB's in 12 minutes, resting as little time as possible.

Campers record only complete rounds.

Training Variation:

Do timed sets of the above exercises, 30/05 for five rounds.

About Shawna Kaminski



Shawna Kaminski is in her late 40's but she can kick most 20 year olds' butts when it comes to pull ups, push-ups and human flag. In order to help people improve their pull ups, she put together a program that helps improve your pull up, gets you to perform your first pull up and improve your push up. You can check out her Boot Camp Challenge Workouts [here](#).

About Rick Kaselj

Rick Kaselj, M.S. (Exercise Science), B.Sc. (Kinesiology), PK, CPT, CEP, CES



Rick Kaselj specializes in exercise rehabilitation and fitness. He works in one-on-one and group rehabilitation settings, educating and training people who have been injured at work, in car accidents, and during sport activities.

Rick has combined his rehabilitation experience and passion for research to develop a variety of courses and presentations for fitness professionals, Kinesiologists, and healthcare providers. Rick has given over 302 presentations to 5897 fitness professionals across Canada and USA. These courses include:

- Core stability of the shoulder
- Exercise rehabilitation for the shoulder, lower back, hip, or knee
- Foam roller essentials
- Intro and advanced core stability
- Intro and advanced stability ball exercises
- Postural assessment and exercise prescription
- Injury-free running
- Save your shoulders
- Training for better golf

Rick strives to balance his work life with his personal fitness endeavours and travel. He has trained for and competed in the Manitoba Marathon, the 225 km Ironman Canada Triathlon, and the 160 km Sea2Summit Adventure Race in Whistler, BC.

He has hiked 4,300 km along the *Pacific Crest Trail* from Mexico to Canada and mountain biked the 5,000 km *Great Divide Mountain*

Bike Route over the Rocky Mountains from Mexico to Canada. An avid traveler, Rick has toured three continents and visited 17 countries.

In 1997 he graduated with his Bachelor of Science degree in Kinesiology from Simon Fraser University. Rick recently completed his Masters of Science degree focusing on corrective exercise and therapeutic exercise for the rotator cuff. Rick currently works as a lecturer, Kinesiologist, personal trainer, writer of exercise rehabilitation and exercise rehabilitation specialist in and around Vancouver, British Columbia, Canada.

To learn more about Rick Kaselj, please visit <http://www.ExercisesForInjuries.com>

Other Products from Rick Kaselj

To order these books, visit <http://ExercisesForInjuries.com>

Muscle Imbalances Revealed – Lower Body (Earn 6 CECs)



As fitness professionals we often just focus on strength, flexibility and cardiovascular techniques with our clients in order to help them reach their goals. By just focusing on these three exercise techniques you hamper your client's ability to overcome injuries, bust through fitness plateaus and stay injury-free. To get past this what you need in your toolbox is a full understanding of muscle imbalances.

Muscle Imbalances Revealed goes beyond stretching what is tight, strengthening what is weak or just performing corrective exercises. It assists the fitness professional in understanding the synergies that exist within the body and walks you through the intricacies of muscle imbalances. In Muscle Imbalances Revealed, the fitness professional will be guided by 6 experts from various professions on how to identify, address and perform the most effective exercises to address muscle imbalances and increase the speed of injury recovery, bust through fitness plateaus and prevent injuries.

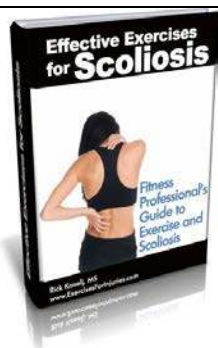
For more information visit - <http://MuscleImbalancesRevealedLowerBody.com>

Muscle Imbalances Revealed – Upper Body (Earn 7 CECs)



In the Upper Body Edition of Muscle Imbalances Revealed, you will be guided by four experts from various health professions on how to identify and address muscle imbalances and perform the most effective exercises to improve performance, bust through fitness plateaus, increase the speed of injury recovery and prevent future injuries in the upper body.

For more information visit - <http://MuscleImbalancesRevealedUpperBody.com>

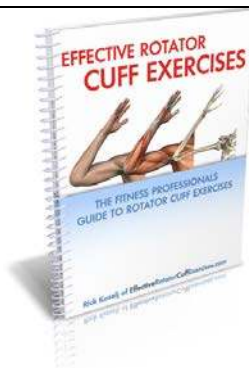


The Most Effective Exercises For Scoliosis (Earn 6 CECs)

- Fitness Professional's Guide to Exercise and Scoliosis -

Exercise is recommended by physicians for people with scoliosis. With more people with scoliosis leaning towards exercise to help improve their condition, it is vital for the fitness professional to be educated and prepared to work with these clients. Exercise can help safely alleviate pain, stiffness, de-conditioning, and muscular weakness associated with scoliosis. Gain a comprehensive understanding of scoliosis, how to design an appropriate exercise program for your clients with scoliosis and discover the most effective exercises for scoliosis. If you are ready to increase your confidence working with clients with scoliosis, would like to understand how to safely train clients with scoliosis and empower yourself with the exercises to help your clients with scoliosis, then *Effective Exercises for Scoliosis* is a must for you.

For more details visit - <http://EffectiveExercisesForScoliosis.com>



Effective Rotator Cuff Exercises (Earn 6 CECs)

- Fitness Professional's Guide to Rotator Cuff Exercises -

Rotator cuff injuries are the most common shoulder injuries fitness professionals will face. Exercise is recommended by physicians for people with rotator cuff injuries and therefore, it is vital for the fitness professional to be educated and prepared to work with these clients. Exercise can help safely alleviate pain, decrease stiffness, increase range of motion, and improve rotator cuff strength. This course will help you gain a comprehensive understanding of rotator cuff injuries, how to design an appropriate exercise program for your clients with a rotator cuff injury, and discover the most effective exercises for the rotator cuff. If you are ready to increase your confidence working with clients with rotator cuff injuries, would like to understand how to safely train clients with rotator cuff injuries and empower yourself with the best exercises to help your clients with rotator cuff injuries, then *Effective Exercises Rotator Cuff Exercises* is a "must take" course for you.

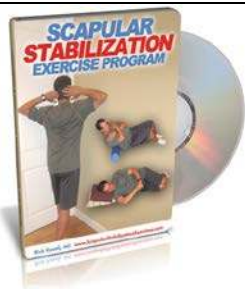
For more details visit - <http://EffectiveRotatorCuffExercises.com>

Interested in a Shoulder Injury Guide?

Visit <http://ExercisesForInjuries.com>

To order these manuals, visit <http://ExercisesForInjuries.com>

Ready-to-Download Video Presentations from Rick Kaselj



Scapular Stabilization Exercise Program

Shoulder injuries lead to pain, prevent people from doing the things they love and make the simplest tasks challenging. Many will learn strength exercises to help them recover from their shoulder injury, but too often these strength exercises will lead to slower recovery from a shoulder injury. What needs to be done before strengthening the shoulder is activating, building endurance and strengthening the scapular stabilization muscles. Adding this one step will speed up the recovery from a shoulder injury and prevent re-injury of the shoulder.

For more details visit - <http://ScapularStabilizationExercises.com/>



Sacroiliac Pain Solution

The most common and most ignored injury in females is the sacroiliac joint. Most times the exercise program that is given is what one would give for someone with a lumbar spine lower back injury,. The SI joint exercise program design is very different than that of a regular lower back injury program. In this practical and hands on presentation you will learn the 5 step exercise process to overcome your client's or your sacroiliac joint (SI joint) injury.

For more details visit - <http://SacroiliacPainSolution.com/>



Shoulder Pain Solved

Shoulder pain is one of the most common injuries people will face. Many times people will just stop using their arm in order to avoid the pain. The odd time they use their arm, they will be reminded of their shoulder pain. Don't just ignore your shoulder pain, do something about it. Shoulder Pain Solved is a step-by-step program that requires minimal equipment and only a few minutes a day in order to get you on the road to a pain-free shoulder.

For more details visit - <http://www.shoulderpainsolved.com/shoulder-pain-solved/>



Lower Back Spinal Fusion & Exercise

In many situations, a lower back condition can lead to lower back spinal fusion surgery. It is estimated 126,000 spinal fusion surgeries occur a year in the USA and since 1996 the number of surgeries has increased by 116%. The group that has had the greatest increase in lower back spinal fusion is adults over 60. Lumbar compression fractures, spinal deformities, spondylolisthesis, lumbar instability, disc herniation and degenerative disc disease are common conditions that can lead to lower back spinal fusion. A key component in the recovery from lower back spinal fusion surgery is exercise. The role of exercise after spinal fusion is important in speeding up recovery, strengthening the muscles supporting the vertebrae and improving the endurance of core stability muscles. The focus of the spinal fusion and exercise webinar will be exercise program design and exercises for a client who has had a lower back spinal fusion.

For more details visit - http://exerciseforinjuries.com/lumbar_fusion_exercises/



Exercise and Plantar Fasciitis

The role of exercise for plantar fasciitis is vital in helping with a speedy recovery, decreasing pain, decreasing the risk of reoccurrence and in creating an action plan on what to do if symptoms return. The focus of the plantar fasciitis and exercise video presentation is an exercise program and exercises for a client that has plantar fasciitis.

For more details visit - <http://BestPlantarFasciitisExercises.com>



Knee Injury Solution

I often get asked, "How do I strengthen my knees?", or "I have injured my knee, what exercises can I do to fix it?" Knee Injury Solution answers these questions. It give you videos and an exercise manual with a variety of exercises that you can do with minimal or no equipment to strengthen your knees, rehabilitate or prevent a knee injury.

For more details visit - <http://KneeInjuryExercises.com>

Interested in receiving over \$299 worth of fitness education information?

Visit <http://ExercisesForInjuries.com>
