

100 Point Workout Design Checklist For Group Trainers & PT'S

If you're designing your workouts from scratch you're going to have a hard time. Here is a simple checklist that you can use to draw inspiration from each time you create a new drill.

1. Team games: Tag, relays, mirror, paper, rocks, scissors, coin toss, musical statues etc.
2. WOD: Workout of the day. Work down a long list of exercises. Reps reflect ability.
3. Circuit training: Point based, hill, partner, HIIT, reps, time/time keeper)
4. Partner challenge: Ladder drills, alternating tabata, sprints, rep count, 10 down to 1 etc.
5. Dice/card workouts
6. Finisher drill (3-7 minutes)
7. Double or quits: Anytime a forfeit is activated at class, players can flip for double or quits.
8. Fitness test - Rep/time based. Cardio, strength, endurance, cross training style, circuit based etc.
9. Micro Fitness Tests: Conduct at the start, then again towards the end of the session. Beat your score.
10. Team challenge: 2 Teams compete for points.
11. 3 Person drill: 1 Rest, 1 exercise, 1 sprint. Players switch by your command.
12. Types of Relay: Shuttles, long sprints, partner, team etc.
13. EMOM: Players must maintain a set rep range based on their ability.
14. Tabata: 20 work 10 rest. Incorporate mini games between rounds, a timed run or a set of shuttle sprints.
15. Modified Tabata: 40 work 20 rest - 50 work 10 rest etc.
16. AMRAP: As many rounds as possible (10 For 10: 3 Exercises, 10 reps of each. As many rounds as you can in 10 minutes).
17. AMRAP: As many reps as possible
18. AMSSAP: As many supersets as possible
19. Tyres: Tyre flips, partner carry, dips, agility, sledge hammers etc.
20. Movement based: Side shuttles, 100 dash, mini hurdles, 10m shuttle sprints, animal movements, agility drills etc.
21. Speed march: A speed march covers a set distance (I.e. 10k) in 2 files by walking and jogging. I.e walk for 1, run for 2.
22. Copy Cat Challenge: Players imitate each other or the instructor. Simons says?
23. Ladder drills: Increase reps after each round, or start at a set rep range and decrease in reps.
24. Switch scores: Players attempt to beat each other's scores.
25. Pyramid Drills: 5 Exercises, then 4, 3, 2 1. At the base you have 5 exercises, then you work up the pyramid 4, 3 2, 1.
26. Suicide sprints: Change it up by changing the length of the suicide and adding in full on sprints between rounds.
27. Challenge The Tempo: Walk, jog, sprint.
28. Time under tension: Isometric exercise one after the other.
29. HIIT - High Intensity Interval Training. (Tabata, Meta-fit, Insanity etc)
30. ARC Circuits (Active recovery). The only rest players get is at a low intensity I.e. Walking, jogging etc.
31. Speed training (Long sprints, shuttle sprints, mini hurdles, reaction drills etc)
32. Agility drills (Weaving in and out of markers, copying partner's movements, agility ladder etc)
33. WOD - Workout of the day (crossfit style workouts).
34. Animal bootcamp (Utilizing exercises such as bear crawl, kangaroo hops, lunge walk, gorilla jumps (burpee jump forward).
35. ROPE - Rate Of Perceived Exertion (Players are rewarded points on hard they appear to be working)
36. Team Completion Circuits (2 or more teams complete a circuit for points)
37. AMSAP - As Many Sets As Possible (I.e. Set 1 = 10 burpees)
38. 3 Minute finishers: 3 Exercises one after the other as humanly fast as possible (It's tough).
39. SOP - Stack on top drills (I.e. Exercises completed during the session are stacked up for a final finisher)
40. Build your own workout: Players choose their own exercises of a tabata/ladder/circuit workout)
41. Build your own finisher: I.e. 6 mini tasks written on a board. Each player chooses 3.

42. Obstacle: Map out a large circular route (1 mile) with exercise tasks.
43. Points For Position: Players are awarded points depending on what position they finish.
44. Elimination Drills: Players vote off exercises
45. Team Elevation Circuits: Circuits utilizing a hill or set of stairs.
46. Musical Finisher Drills (YMCA, Thunderstruck, Thunder, Hit the road jack etc)
47. Fartlek training: Type of interval training
48. Workouts Using Dice: Roll for set exercises, time, board games, forfeits, eliminating exercises etc.
49. Ice Breaker drills
50. Individual challenge: Complete a set task, reps or rounds. Work at your own intensity.
51. Time trials: A Set task completed for time, or given a set time to complete a task.
52. Bootcamp Triathlon: Cardio task (running), strength endurance task (AMRAP), animal movement task (bear walk).
53. Beat the trainer: Group points are turned in to seconds. Trainer completes set exercise.
54. Story based drills: Players follow a descriptive story with exercises embedded.
55. Military style bootcamp
56. Cardio bootcamp: Mini/Human hurdles, agility, sprints, cardio based exercises, aerobics etc
57. 10 For 10: 3 Exercises, 10 reps of each. As many rounds as you can in 10 minutes.
58. Board games: Snakes and ladders, Monopoly, Battle ships, scrabble etc.
59. Themed workouts: Olympics, Super Mario, Star Wars, Star Trek, Pac Man, Game of Thrones etc.
60. Split rest: One player works whilst the other rests etc. You can create a whole workout & drills around this.
61. [Tag games](#): Freeze tag, tunnel tag, toilet tag, blog tag, British bull dog, hare & hounds etc.
62. Paper, rocks, scissors: Integrate in to a team game, circuit, challenge. You can do this during rest periods.
63. Coin workouts: Heads or tails
64. Votes: Players vote off exercises until 1 remains.
65. Random generator: Exercises are chosen at random (Bingo balls, cards, dice etc). Good for finishers & circuits.
66. Tall order: Each players decides which order they complete a list of exercises in.
67. HIT Shrink: (I.e. 6 exercises. Each new round the last exercise is removed until 1 remains.
68. Battle matrix: See [Workout Design Club](#) for detailed explanation.
69. Selector: I.e. 4 exercises (1 minute each). Choose favourite, complete for 4 minutes (20 on, 10 off). Multiple rounds.
70. Beat the ladder: I.e. 6 exercises, 20 reps of each then 19, 18, 17 etc. Set time for completion.
71. Board clearance: Sticky notes on a board with exercises on. Teams clear the board. Most sticky notes wins.
72. Black jack: The object for the player is to draw cards totaling closer to 21, without going over than the dealer's cards.
73. Poker: Complete exercises in small teams. Teams draw cards. Best hand wins
74. Zero rest Tabata: Each 10 second rest segment is spent in the plank. It's tougher than you might think.
75. Controlled Intensity: I.e. In partners, the runner dictates the exercise duration for their partner.
76. Grid Circuits: I.e. 12 exercise markers form a grid. In partners, players take turns to complete the entire grid.
77. Memory: Players score points for remembering thing.
78. Inclusive: The group (as a whole) must hit a specific target. If hit a forfeit is activated for the instructor.
79. Equipment carry: 2 Teams race opposite ways around a circular route with your equipment divided between them.
80. Descending sprints: Shuttle sprints that descend in time with rest in between rounds.
81. Point multiplier: Teams multiply their score at the end of a challenge by rolling a dice (x score by number rolled).
82. Supersets: Alternating sets of two different exercises with no rest in between exercises.
83. Lucky dip: Exercises for a workout (game, circuit, finisher etc) are picked out of a bag.
84. Multi-colored play balls: Write points on them, exercises, reps etc. Also, great for replays. Great fun
85. % runs: Players run at a % dictated by the trainer (I.e. run at what you feel is 70 effort). % Changes round by round.

86. Alphabet: There are so many ways to create workouts using the Alphabet. Get your thinking cap on
87. Numbers: Time tables, multiplication, division, fractions, etc.
88. Quizzes: Multiple choice and true or false workout style quizzes work the best.
89. Trainer pick: The same finisher is used at the end of each session for 1 week. (The finisher changes each week)
90. Focus: Design your workout around 1 main body part (I.e. core). Or around 1 piece of equipment I.e. K-bell.
91. Trigger words: Each time you shout the trigger word during class. Players complete a set task (I.e sprint).
92. Hill or stair training: Design a workout using a set of stairs of a hill. Even the beach.
93. Military style bootcamp: Write up a set of orders and away you go.
94. Monetary: Instead of playing for points, play for pretend money. Players gamble it away at the end. Winner takes all.
95. [Team building activities](#): Tug or war, Circle jumping, ABC'S, 100 rep workout.
96. Chipper workouts: Set number of reps per exercise. Reps are chipped of each round until zero is reached.
97. Running drills: Agility, fartlek, shuttles sprints, 100m dash, 1 miler timed, relays, hill/stairs, Indian runs, sandwich run etc.
98. Printed sheets: Word search, hangman, Pokémon, acronyms, shapes, math etc.
99. White board: Once explained, you're free to motivate, correct technique & better get to know your clients.
100. Level up: A series of tasks that build in intensity. Players attempt to reach the highest level possible

Need More Workout Ideas?

The ideas above are just a taster of what you can expect when you join the Workout Design Club. You'll find all my best ideas and more.

The WDC guarantees that you show up to every session with a fun packed and perfectly planned group workout. You can now plan interesting and varied sessions in a matter of minutes, which is extremely valuable when you live a busy life.

[Click Here To Join Now! Free for 7 days.](#)

Cheers, Leon

P.S You can contact me anytime on uniquebootcampworkouts@gmail.com