

## 97 Bootcamp Workout Ideas

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 for time
3. **Circuit Training Workout:** Point based, hill, partner, HIIT, reps, time/time keeper)
4. **Partner Bootcamp:** Ladder drills, alternating tabata, sprints, rep count, 10 down to 1, resistance bands etc.
5. **Playing Cards:** Write exercises on cards and let players build they own workout journey by collecting cards and completing shuttle sprints.
6. **Finisher Drills:** Tabata, ladder, reps, partner, beat the trainer, EMOM etc
7. **Double or Quits:** Works well for Point based bootcamp games. Players can flip to double their points or face a forfeit.
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 bootcamp:** 2 Teams compete for points.
11. **3 Person Drills:** 1 player rest, 1 exercises, 1 sprints. Players switch rolls on your command.
12. **Bootcamp Relay:** Shuttle sprints, long sprints, partner sprints, team etc.
13. **EMOM:** Every minute on the minute. The goal is to maintain a set rep range based on a players ability.
14. **Tabata:** 20 work 10 rest. Incorporate mini fitness games between rounds, a timed run or a set of shuttle sprints.
15. **Modified Tabata:** 40/20 30/30 50/10
16. **AMRAP:** As many rounds as possible
17. **AMRAP:** As many reps as possible
18. **AMSSAP:** As many supersets as possible ([antagonist superset](#), agonist superset, unrelated supersets)
19. **Tyres:** Tyre flips, partner carries, dips, agility ladder, sledge hammers etc.
20. **Movement Based:** Side shuttles, 100m sprint, mini hurdles, shuttle sprints, animal movements, agility drills etc.
21. **Speed March:** A speed march covers a set distance (i.e. 10k). Run 2 minutes, walk fast 1 minute repeat.
22. **Copy Cat:** Players imitate each other or the instructor. Simons says?
23. **Ladder Drills:** I.e. 8 Exercises 5 reps each. Then 10, 15, 20, 25 etc. See how high you can go.
24. **Switch Scores:** I.e. Players attempt to beat each other's scores after completing an AMRAP.
25. **Pyramid Workout:** At the base you have 5 exercises, then you work up the pyramid 4, 3 2, 1.
26. **Suicide Sprints:** Sprint out and back to different distances. I.e. 10m, 20m, 30m, 50m etc.
27. **Tempo Run:** Different levels of effort. 25% 50%, 75%, 100%. Switch between the 4 percentages for a set time.
28. **Time Under Tension:** Switch between different Isometric exercises
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/poles, copying partner's movements, agility ladder etc..
33. **Animal Bootcamp:** Utilising exercises such as bear crawl, kangaroo hops, lunge walk, gorilla jumps etc.
34. **ROPE:** Rate Of Perceived Exertion. Players maintain a set work rate.
35. **AMSAP:** As Many Sets As Possible (I.e. Set 1 = 10 burpees)
36. **3 Minute finishers:** 3 Exercises one after the other as humanly fast as possible (It's tough).
37. **SOP:** Stack on top drills (I.e. Exercises completed during the session are stacked up for a final finisher)
38. **Build Your Own Workout:** Players choose their own exercises (tabata/ladder/circuit etc)
39. **Build Your Own Finisher:** Players choose their own bootcamp exercises.
40. **Obstacle Course:** 1 mile circular route with exercise tasks at different points.
41. **Points For Position:** Players are awarded points depending on what position they finish.
42. **Elimination Drills:** Start with 10 exercises. Players vote off their least favourite exercises
43. **Elevation Circuits:** Circuit training workouts using a hill or a set of stairs.
44. **Musical Finisher Drills** (YMCA, Thunderstruck, Thunder, Hit the road jack etc)
45. **Fartlek Training:** Type of interval training. [More info..](#)
46. **Dice Workouts:** Roll for set exercises/time. Board games, forfeits, eliminating exercises etc.
47. **Ice Breaker Drills:** [More info..](#)
48. **Individual Challenge:** Complete a set task, reps or rounds. Work at your own intensity.
49. **Time Trials:** A set task or activity completed for time
50. **Bootcamp Triathlon:** Cardio task (running), strength endurance task (AMRAP), animal movement task (bear walk).
51. **Beat The Trainer:** Trainer sets a rep goal for the entire team.
52. **Story Based Drills:** Players follow a descriptive story with exercises embedded.
53. **Military Style Bootcamp:** Team building, log run, fire mans carry, piggy back, military fitness test etc.
54. **Cardio Bootcamp:** Mini/Human hurdles, agility, sprints, cardio based exercises, aerobics etc
55. **Board Games:** Snakes and ladders, Monopoly bootcamp, Battle ships, scrabble etc.
56. **Themed Workouts:** Olympic bootcamp, Super Mario, Star Wars, Star Trek, Pac Man, Game of Thrones etc.
57. **Split Rest:** Players take turns working and resting for a set time using multiple exercises.
58. **Tag Games:** Freeze tag, tunnel tag, toilet tag, blog tag, British bull dog, hare & hounds etc. [More info..](#)
59. **Paper, Rocks, Scissors:** Integrate in to a team game, circuit, challenge. You can do this during rest periods.

60. **Coin Workouts:** Heads or tails decides what exercises players complete. Or the distance players sprint.
61. **Random Generator:** Exercises are chosen at random (Bingo balls, cards, dice etc). Good for finishers & circuits.
62. **Tall Order:** Each players decides which order they complete a list of exercises in.
63. **HIT Shrink:** I.e. 8 station circuit. 60 seconds each exercise then 50, 40, 30, 20, 10.
64. **Selector:** Start with 12 exercises for 1 minute each. After each round players vote of their least favourite 2.
65. **Beat The Ladder:** I.e. 6 exercises, 20 reps of each then 19, 18, 17 etc. Complete the drill in a set time.
66. **Board clearance:** Sticky notes on a board with exercises on. Teams clear the board. Most sticky notes wins.
67. **Black Jack:** Based on the card game. Players try and beat the dealer.
68. **Bootcamp Poker:** Teams draw cards whilst completing set exercises. Best hand wins
69. **Zero Tabata:** Instead of resting for 10 seconds in each set (20/10), players plank.
70. **Controlled Intensity:** Runners dictate the exercise time for their partner.
71. **Grid Circuits:** I.e. 12 exercise markers form a grid. Teams complete the grid in the fastest time possible.
72. **Memory Circuit:** Teams take turns matching images that are face down. Exercises are completed between goes.
73. **Equipment Carry:** 2 Teams race in opposite directions on a circular route with equipment divided between them.
74. **Descending Sprints:** Shuttle sprints that descend in time with rest in between rounds. I.e. 90 Seconds, 80, 70, 60 etc.
75. **Point Multiplier:** In any point based game, teams get to roll 1 dice at the end and multiply their score by that number.
76. **Supersets:** Alternating sets of two different exercises with no rest in between exercises.
77. **Lucky Dip:** Exercises are selected at random. Great for finisher drills, forfeits and team games.
78. **Coloured Balls:** Write exercises on and points. Great for bootcamp games and team challenges and finishers.
79. **Alphabet Bootcamp:** There are so many ways to create workouts using the Alphabet. Get your thinking cap on
80. **Numbers:** Time tables, multiplication, division, fractions, etc.
81. **Quizzes:** Multiple choice and true or false workout style quizzes work best.
82. **Players Pick:** Use 5 finishers at the end each session for a month. Players pick which one they complete.
83. **Focus:** Design your workout around 1 main body part (I.e. core). Or around 1 piece of equipment I.e. K-bell.
84. **Trigger Words:** Each time you shout the trigger word during class, players complete a set task. I.e. 10 burpees.
85. **Monetary:** Instead of playing for points, play for pretend money. Players gamble it away at the end. Winner takes all.
86. **Team Building Activities:** Tug or war, Circle jumping, ABC'S, 100 rep workout.

87. **Chipper Workouts:** Start with a big rep count (1000) and 6 exercises. Complete the reps using the exercises.
88. **Running Drills:** Agility, fartlek, shuttles sprints, 100m dash, 1 miler timed, relays, hill/stairs, Indian runs, sandwich run etc.
89. **Printed Sheets:** Word search, hangman, Pokémon, acronyms, shapes, math etc.
90. **Level Up:** These are workouts that build in intensity. Players work through levels to see how high they can go.
91. **Tick Tack Toe:** Watch this [fun bootcamp game](#) here.
92. **Cone Grab:** (introduce a set exercise to be completed after each game). Watch this epic [team game](#) here.
93. **Bleep Test:** Shuttle sprints, pull ups, push ups etc.
94. **Travel Test:** Cover a set distance for time using a traveling exercise. I.e Lunge walk, bear crawl, burpee jump forward etc.
95. **Field Games:** Rounders, baseball, Frisbee, netball, catch, football. Adapt in to a bootcamp workout.
96. **Map Reading:** Exercise tasks at set locations. Teams locate and complete the tasks. First team back wins.
97. **Weighted Walk:** Cover a set distance carrying a weighted rucksack. It's great for strengthening the legs.

Want More Ideas? [Check out the Workout Design Club](#)