

Here are the details of a whole-body, boot camp-style workout. The only equipment required to do the best and full version of the workout is a skipping rope, an exercise mat (ideally no more than 1.5 metres in length) and something to pull yourself up with i.e. an overhead bar that can support your weight, monkey bars in a park or vertical railings/bars that can hold your weight. If you don't have something to pull yourself up with, a medium/heavy resistance band that's at least 1 metre in length will do.

For each exercise, choose the appropriate option for you (novice, intermediate or advanced), based on your fitness level. Some exercises will challenge your strength whereas other exercises will challenge your stamina. Therefore, you may be at novice level on some exercises and advanced level on others. If in doubt, try the novice level and see how that feels, if it's not challenging enough, progress to the intermediate level next time you do the workout. Enjoy!

Warm-Up

One minute performing each exercise:

- 1) Jogging (forward or on the spot)
- 2) Crossing-arm side skip - crossing straight arms down in front of body and overhead combined with side skipping (30 seconds skipping to the left then 30 seconds skipping to the right or, alternate skipping left and right if space is limited).
- 3) High knee running (forward or on the spot)
- 4) Butt kicks - running (forward or on the spot) emphasising the flicking of the heels up to the glutes (buttocks). Place the back of the hands on glutes and ensure that heels are making contact with palms throughout.

Circuit 1

1) Star jumps: 60 seconds (novice), 90 seconds (intermediate), 2 minutes (advanced)

2) Push-ups: 30-44 seconds (novice), 45-59 seconds (intermediate), 60-75 seconds (advanced)

Start on your hands and knees with your palms flat on the floor, spaced slightly beyond shoulder-width apart. Your feet should either be held together or spaced hip-width apart. Extend arms and legs. Your head should be aligned with your spine. Keeping elbows tucked in as much as possible, bend your elbows until your chest is no more than an inch above the floor then push back up until arms

lock out straight. That completes one rep. Push through the heels of your palms to generate greater force in your push and stability in your shoulders. Keep abs and glutes tight and legs locked out straight throughout.

*If you struggle to perform full push-ups for the specified duration, switch to performing them with your knees down and your hips forward. If you can't perform full push-ups at all, perform them with your knees down from the start.

3) Rope skipping or 2-footed hopping on the spot (if you don't have a skipping rope): 60 seconds (novice), 90 seconds (intermediate), 2 minutes (advanced)

4) Wall-sit (static) squat - descend to and maintain parallel depth (90° angle at the knees), keep head and back in contact with the wall: 50-59 seconds (novice), 60-74 seconds (intermediate), 75-90 seconds (advanced)

5) Bodyweight squats: 60 seconds (novice), 90 seconds (intermediate), 2 minutes (advanced)

Standing fully upright with arms down by sides, set feet to required stance (hip-width apart or wider) then set posture (shoulders back, chin up, abs tight). Flex hips and knees to squat down as deep as you can (under control), while simultaneously lifting extended arms up in front of body. Drive back up to full upright position by pushing heels into the floor while rapidly extending knees and hips. Simultaneously lower arms back down to your sides as you ascend and squeeze glutes at the top of each rep to ensure hips are fully extended.

6) Burpees: 45 seconds (novice), 60 seconds (intermediate), 75 seconds (advanced)

Begin in the plank position (see plank teaching points below) with arms full extended. Next, rapidly jump feet forward underneath torso then, upon reaching this position, immediately jump up as high as you can while reaching up as high as you can with both hands. Land on the balls of your feet with your knees slightly bent then immediately assume the plank position again and repeat the sequence.

1 minute rest

Circuit 2

1) Mountain climbers: 30-44 seconds (novice), 45-59 seconds (intermediate), 60-75 seconds (advanced)

Facing downwards, place hands on mat/floor with arms fully extended and legs

outstretched. Upon assuming this position, begin performing a high-knee running action bringing knees as close as possible to chest then back to full extension. Alternate this action with both legs in rhythmical and continuous fashion.

2) Ski jumps: 60 seconds (novice), 90 seconds (intermediate), 2 minutes (advanced)

Jump as far as you can, side to side, with both feet together. Swing arms up while jumping to help generate lift. If you have a small exercise mat (no more than 1.5 metres in length), use it as a distance target by attempting to jump over it each time. The mat should generally be positioned lengthways for those below a height of 168 cm/5'6" and positioned breadthways for those 168 cm/5'6" or taller. If you're an explosive athlete below a height of 168 cm/5'6" and you feel that you can jump over the mat positioned horizontally, give it a try.

3) Crawl outs: 60 seconds (novice), 75 seconds (intermediate), 90 seconds (advanced)

Stand with your legs straight and your hands flat on the floor/ground. Keeping your legs completely straight, walk your hands forward as far as possible. Concentrate on keeping your abs tight. Next, take small steps to walk your feet forward to your hands (without bending your knees), ending in the starting position.

4) 90-95 % speed sprint: 30 seconds (novice), 35 seconds (intermediate), 40 seconds (advanced)

Perform shuttle runs (sprinting up and down a 10+ metre straight). Alternatively, sprint continuously (without turning right round) in a suitable open space e.g. athletics track, park or around a large garden, for the specified duration. If you can, get someone else to time your sprint so that you can maintain maximum focus on your technique.

5) Side plank: 30-34 seconds (novice), 35-39 seconds (intermediate), 40-45 seconds (advanced)

Lie on floor/mat, on your left side. With your elbow underneath your shoulder, lift your hips off the floor/mat so that the only contact points are your left foot (right foot stacked on top of it) and forearm. Keep your hips high throughout. Hold the **correct** position for a minimum of 30 seconds and up to a maximum of 45 seconds then take 15-30 seconds rest and repeat on your right side (left foot stacked on top of right foot).

6) High knee sprinting on the spot: 30 seconds (novice), 35 seconds (intermediate), 40 seconds (advanced)

Make sure that you're maintaining an upright posture and that you're moving your arms straight (hands in line with your shoulders) and through the full range of motion (hand up to chin height, then down to hip height).

1 minute rest

Circuit 3

1) Chin-up, inverted row or resistance band bent-over row: as many **good** reps as possible in the specified time...

Chin-up (assisted/unassisted): 20-39 seconds (novice), 40-59 seconds (intermediate), 60-80 seconds (advanced)

If using assistance, set counterweight, raise knee cushion, climb up, grasp handles using a shoulder-width, underhand grip then place knees on cushion. If not using assistance, grasp handles/bar using a shoulder-width, underhand grip, flex knees and intertwine ankles. Next, with either variation, descend to a dead hang (arms completely straight). Upon reaching this position, pull body up until chin reaches above handles/bar, squeezing shoulder blades together at the top of the movement to complete the rep. Do not strain neck to raise chin. Chin should remain level, with gaze fixed straight forward. Lower body back down, under control, to a dead hang. Keep hips fully extended, taking care not to sit back if using assistance. Instead the hips should be pushed forward. If performing without assistance, take care not to swing lower body (kip) to generate momentum.

or

Inverted row: 30-49 seconds (novice), 50-69 seconds (intermediate), 70-90 seconds (advanced)

Lie on the floor, underneath a horizontal bar that can hold your weight e.g. an Olympic barbell placed across safety bars in a squat rack, a Smith machine bar or monkey bars in a park. With heels down and body fully extended, grasp the bar using a shoulder-width, underhand grip. Starting with arms fully extended, pull yourself up until your chest touches the bar. Squeeze shoulder blades together at the top of the movement. Alternatively, you can perform this exercise standing up grasping vertical railings/bars that can hold your weight.

or

Resistance band bent-over row: 60 seconds (novice), 90 seconds (intermediate), 2 minutes (advanced)

Step on the middle of the resistance band with feet placed slightly narrower than shoulder-width apart. Grasp the ends/handles of the band using a shoulder-width, neutral grip (palms facing each other). Set posture (shoulders back, chin up, abs

tight), then lean forward at the hips (keeping chest lifted) while simultaneously bending knees to lower torso until torso is positioned halfway between upright and parallel to the floor (45°). Pull the ends/handles of the band, with speed, right up to the ribcage. Squeeze shoulder blades together at the top of the movement then slowly lower the arms back down until arms are fully extended.

2) Quick feet: 80 seconds (novice), 2 minutes (intermediate), 2 minutes, 40 seconds (advanced)

Standing upright, preferably with an exercise mat in front of your feet, start running in place on the balls of your feet (not on the mat), keeping knee lift low. Run with a rapid cadence with an emphasis on "digging" your feet into the floor/ground. Every 20 seconds drop quickly to the mat, lay out flat (face down) as quickly as you can, then jump back up to resume running.

3) Balance series: 60 seconds (novice), 75 seconds (intermediate), 90 seconds (advanced)

Find/mark out 2 clearly defined, intersecting lines on the floor/ground or at least 1 straight line. Stand on one leg and hop clockwise to each quadrant. After one rotation begin hopping counter-clockwise. Switch legs on completing the counter-clockwise rotation. Continue in this fashion for the specified duration.

4) Tire run: 60 seconds (novice), 90 seconds (intermediate), 2 minutes (advanced)

Quickly hop, laterally, from 1 leg to the other over a minimum distance of 1 metre. This is preferably done jumping over an exercise mat to ensure that the minimum distance is covered.

5) Plank: 30-59 seconds (novice), 60-119 seconds (intermediate), 2-3 minutes (advanced)

Lie face down with forearms flat on the floor and in line with shoulders. Extend legs and rise up on toes. Position feet in line with hips. Keep your neck aligned with the rest of your spine by holding your head in a neutral position. Positioning hips no lower or higher than shoulders, tighten abs and glutes and hold the correct position (whole body completely straight, from shoulders down to ankles) till point of failure/maximum of 3 minutes and record duration that you were able to hold (**properly**) for so you can aim to beat it next time. It's best to get someone to observe and time you doing this so that the clock is stopped at the right time.

That's all of it. Make sure you perform a cool down upon completing the workout.

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