

MARVEL STUDIOS

THE AVENGERS



BOOTCAMP WORKOUT SERIES

BOOTCAMP
IDEAS.COM

I'LL LET YOU IN ON A LITTLE SECRET.

I'm a closet geek.

During the week I am Kyle the bootcamp instructor and the weekend I am Roger the level 19 Rogue/Ninja at our weekly D&D game.

I thought I would bring these two worlds together a little by theming a few bootcamp sessions with some Avengers themed workouts.

This is the result. Enjoy.

- Kyle

Disclaimer

The information in this book is offered for educational purposes only; the reader should be cautioned that there is an inherent risk assumed by the participant with any form of physical activity.

All workouts inside this book are to be scaled or modified to the abilities and limitations of your clients, restrictions and constraints of the location, climate and environmental conditions.

Group and Personal trainers who decide to use these programs accept all risks to themselves and their clients and waive any liability from the author(s).



CAPTAIN AMERICA

Captain America is an all round athlete, but what we are going to focus on in this workout is his speed.

Goal: Speed/Cardio

Time: 60 minutes

Equipment: [Cones](#), [Skipping Ropes](#), [Mats](#)

CLASS CONCEPT

You will want to use car park, basketball or otherwise fairly hard surface for this workout.

Set up 2 cones 30-40m apart. Clients must complete as many suicide runs between the 2 cones as possible in the allotted time.

Have clients count how many suicide runs they do (to the cone and back equals two reps). If they were half way through a run when the time ends they should round down.

Repeat the sprints again for the same time. Clients should aim to equal or better their number of runs.

ROUNDS

Round 1 – 5 rounds – 10 minutes

60 seconds sprints, 60 seconds rest.

Each round try to equal the same number of reps as in the first 60 seconds. Monitor fatigue levels and reduce goal reps in round 4 and 5 if necessary.

Round 2 – 5 rounds – 5 minutes

30 seconds skip rope, 30 seconds rest.

Use the same rules as above with skips rather than running reps.

Round 3 – 5 rounds – 5 minutes

30 seconds sprints, 30 seconds rest.

Each round try to reach half the number of reps from the first 60 second round.

FINISHER: CAPTAIN CORE

30 seconds on each exercise:

- Pushup negatives – Count down out loud 4, 3, 2, 1 for the negative and then call out UP to come up again. Leave them hanging at the bottom for a few seconds a couple of times too.
- Mountain climbers
- Alternating straight arm side plank

Rest 30 seconds and repeat once more

Image: [Andy Roth](#)



THE INCREDIBLE HULK

When I thought about what I would include in a Hulk bootcamp workout I thought about lots of carrying, slamming and throwing so I decided that I would need to bust out the tyres and ropes for this session.

WARM UP

Goal: Strength/Crosstraining

Time: 60 minutes

[Huddle Shuffle](#)

Equipment: [Cones](#), [Mats](#), [Tyres](#), [Ropes](#), ~120cm (4ft) Boxing Bag

SETUP

Today's workout is self paced by the individual. Clients will rotate to the next station once they complete their current station.

Clients will aim to complete 3 rounds. Tell them that once 1/3 of the group has finished 3 rounds everyone will stop.

Eg. if you have a group of 20 clients, after 7 have finished 3 rounds have the class finish the station they are on and stop.

Take 5 minutes at the start to demonstrate and explain each exercise.

CIRCUIT

1. **OH Tyre Carry** – Clients must carry a tyre overhead 20 metres to a cone and back 3 times. You can also do this with 5-10kg medicine balls.

2. **Upper Strength Station** – 20 Suicide Push Ups, 40 [Prone Pulldowns](#), 20 [Hand Release Push Ups](#)

3. **KB Farmer's Walk** – Holding 2 kettlebells by their side, clients must do a loop of the circuit (~100m circumference). Feel free to use dumbbell's or spare tyres instead of kettlebells.

4. **Rope Lunge** – This station needs to be done with 4 or 5 people. Clients will need to wait for others to catch up. While holding the rope above their heads in a line, clients will need to walking lunge 25 meters and back. The rope must not hit the ground or else the group must stop and all do 5 jump squats.

5. **Boxing Bag/Tyre Flip** – Flip the boxing bag or a large tyre end over end 10 times.

6. **Squat through tyres** – Keeping their hips low, clients must navigate through a set of car tyres 3 times.

Note on station 4 (Rope Lunge): If you only have a small group omit this station to prevent having clients waiting around for people to catch up. Instead do this at the end as a group finisher.

COOLDOWN

200m slow run and stretch
The Avengers Series

Image: [JD Hancock](#)



IRON MAN

Tony Stark has a lot of money. Like his money today's workout involves a lot of repetitions.

Goal: Strength Endurance

Time: 60 minutes

WARM UP

Equipment: [Cones](#), [Mats](#), Laminated Paper/Paper, [White Board Markers](#)

Amoeba Tag (from [Outdoor Fitness Games](#))

Two people are "it". They hold hands and chase the other participants. The person that they catch then joins the chain by linking hands. When another person is caught they can stay together or split 2 and 2 but they must split into even numbers and can link together at will. This game is played until no one is left. The last two become "it" for the next game.

CLASS CONCEPT

As one team clients will rotate around a circuit (1 minute on each station) trying to complete as many repetitions as possible in their minute. The goal is (as a group) to reach a total of reps on each exercise. The group keeps rotating until the goal is met.

Clients should add up the total reps performed by their group and write it down on the score card before going to the next exercise. Once an exercise has reached the goal number of repetitions, remove it from the circuit. Clients should then split up among the remaining exercises.

Tip: Bring a calculator to quickly add up scores while clients are rotating.

ROUNDS

Round 1: 1000 reps of each exercise

1. Lateral Lunges
2. T-Pushups (knees or toes)
3. Walking Lunges
4. Oblique Crunches

Round 2: 2000 reps of each exercise

1. Mountain Climbers (L+R=2)
2. 20m shuttle (out and back = 2)
3. Lateral or Forward Jump over width of mat
4. Squats

Round 3: 100 seconds each exercise (together as a group)

1. Plank
2. Side Plank
3. Flutter Kicks

COOLDOWN
The Avengers Series

Image: [JD Hancock](#)



Thor's chiselled abdominals and massive pecs is largely due to his godly heritage. In today's workout however we will attempt to emulate the kind of training a more mortal Thor might do.

WARM UP

10 minute [warm up game](#).

Goal: Strength Endurance

Time: 45 minutes (60 minutes with a couple of [finisher drills](#))

Equipment: [Cones](#), [Mats](#)

CONCEPT

Every 30 seconds clients will attempt to perform a set of reps. Each round clients will do 2 less reps. After 5 rounds clients will start scaling back up again for another 4 rounds.

Eg. 15 Spiderman Push Ups, 13, 11, 9, 7, 9, 11, 13, 15 Spiderman Push Ups

So this is kind of like an every 30 seconds on the 30 seconds drill. But the reps change each round.

I would recommend going through each exercise as a group for time before starting the main drill. Call this the practice round and do it maybe 3 times for 40 seconds on each exercise.

EXERCISES

Scale down exercises where appropriate. I have given 3 options. The reps next to the exercise are for the first round.

Each round = 4.5 mins + 1 to 2 mins rest = 6 minutes.

Round	Level 1	Level 2	Level 3
1	15 Push Ups	12 Spiderman Push Ups	15 Spiderman Push Ups
2	18 Squats	18 Jump Squats	20 Jump Squats
3	10 Plank w/ hand taps (ea. side)	15 Plank w/ hand tap (ea. side)	15 Plank Suicides
4	18 Sumo Squats	12 Squat Thrusts	15 Squat Thrusts

COOLDOWN

Image: [JD Hancock](#)

IF YOU LIKED THESE WORKOUTS...

... and would like to find out how to write your own workouts like this then you will love The Little Bootcamp Book of Workouts.

Inside I take you through my workout planning process and teach you how to think outside the generic bootcamp workout formula of timed circuit workouts.

There is also 19 more workouts like these that you can take and use right away.

Click the book below to find out more.

