

IDEA Zoomer Boot Camp Workout

Presented by Leigh Crews

Dynamic Warm-Up

- **Heel/Toe and Retro Walking:** Walk around the room (or area) lifting the toes off the floor for several steps, and then walking on toes with heels up for several steps. Finally, turn around and walk backwards for several steps. (Always make sure your path is clear!) Keep the chest lifted and the arms pumping.
- **Heel and Toe Squats:** Stand with the feet about shoulder width apart. Begin with a rocking motion through the feet from the toes to the heels. Gradually add more body motion, bending the knees and lowering into a squat as you roll onto your toes. Extend knees to the straighten legs as you roll back onto your heels. Add arms swings.
- **Leg Pendulums:** Standing with legs hip width apart, swing one leg forward and back, side to side and in circular patterns. Repeat with the other leg. Keep the torso tall and avoid excessive spinal flexion and/or lordosis.
- **Lateral Lunge & Lift:** Stand with your legs wide apart and your torso lifted. Bend one knee and lunge, keeping the other leg straight and your body upright. Straighten the knee to the starting position and then repeat on the opposite side. Increase the intensity by lunging laterally and then pushing off the lunging leg with a brief hold at the top with the leg abducted and elevated. Land softly with the knee bent again in another lunge on the same side and the push off again. Perform any number of reps as desired and then repeat on the other leg.
- **Butt Kickers:** Jog in place lifting your feet up high in back as if you were going to kick your own rear end. Variation: internally rotate the hips, letting the feet kick out more to the sides.
- **Open and Reach:** Stand with your arms lifted shoulder level and out to your sides. "Open" by pulling arms back in the same plane, shoulders down, opening your chest for a big stretch and a deep breath. "Reach" by sweeping arms forward and then down, internally rotating the shoulders and bowing slightly from the hips, back straight. Keep upright as you sweep the arms down and reach back to reach behind you. (part the curtains and pull them behind you)

Work Phase:

Lunge Matrix:

- **Level 1:** Stand with your feet about hip width apart. Begin with a series of forward lunges (10 right, 10 left). Change to side lunges (10 and 10). Final set; step back at a 45 degree angle and lunge. (10 right, 10 left)
 - **Level 2:** (with arms): As you lunge forward, reach arms overhead and pull back (behind ears if you can). For the side lunge, place the med ball on the floor by your side and slightly behind you. Rotate and step toward the ball with the same side foot. Continue to rotate your torso while reaching with the opposite arm to touch the ball. On the 45 degree back lunge, reach up and extend the opposite arm.
- **Push Me Pull You:** Pair up. Place a towel on the floor and position Partner A in upper push up position, chest over towel, ends extending to the sides. Partner B straddles Partner A, facing forward. Using the legs, the B squats down and grips the towel ends, forming a sling to support

A. While A does an assisted push-up, B does a standing row, using some of A's body weight as resistance.

- **Retro-Relay:** An old fashioned relay race, run in reverse. Be careful to keep the path clear, remind the retro-runners to look behind them from time to time and everyone to watch out for the safety of their fellow participants.
- **Medicine Hurl:** Pair up. Partners stand side by side and about 4 feet apart from each other with one holding the med ball. Both partners rotate away from each other. Keep the ball just above waist level. As you rotate back towards your partner, toss the ball in the transverse plane (sideways). The other partner catches the ball and both rotate away and repeat the drill.
- **Lateral Crawls on double Beam®:** space beams a few feet apart and parallel. In crawl position, you should be able to put your hands on one Beam and your feet on the other. Crawl sideways to the end of the Beam. Bring your knees to the Beam and do an opposition arm/leg raise. Come back up the balls of your feet and crawl back to the start point. Repeat the opposition arm/leg raise.
- **Row-Tation:** Holding the med ball in both hands, hinge at the hips bringing your torso parallel with the floor. Be careful not to flex your spine. "Row" the med ball to one side of your body and up. Drive the leading elbow up and back. Allow some torso rotation if appropriate.
- **Fast Feet/Get-Up Get-Downs:** Standing on the balls of the feet, take tiny, quick steps in place as fast as you can. Every few steps, drop to the floor in a plank, then get back up and continue with fast feet. For variety, move to the right, left, forward, back, or add additional tasks, like high five's with your partner on command. It's Hammertime!
- **Inchworms:** Standing tall, hinge at the hips and bring your hands to the floor. Walk your hands out until you are in plank position, then walk your feet up to your hands. Keep moving across the floor in this way, like an inchworm.
- **Partner Wall Sits with Med Ball:** Partners stand back to back. Walk feet away from each other and lower into a squat, with each partner supporting the other. Pass the med ball around to your partner, then turn and receive the ball on the other side. Be sure to switch directions at some point.
- **Dead Bugs on the Beam®:** Lying supine on the Beam®, hold the med ball in your hands, over your chest. Keep your spine neutral while you lower one leg at a time down. Perform pull-overs or single arm flys with the med ball while you are raising and lowering your legs.

Yoga or Tai Chi cool down