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Bootcamp Amped - Throwdown the Gauntlet

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Key Concepts in Developing a Circuit Class Format:

- Build challenge into the Rx.
- Prescriptions should train 360° of ground based and standing core function
- Create a 360° 'counterbalanced' strength prescription. Exercise Rx should include bridge /table top, side plank, front plank, bend, horizontal & vertical push, horizontal & vertical pull, lift & chop, split squat, squat, closed chain adduction & abduction.
- Create a 360° 'counterbalanced' movement prescription. Exercise Rx should include a combination of multidirectional arm swings, ankling, marching / skipping, Running, shuffling, hopping, jumping, bounding.
- The Warm-up and cardio recovery exercises should include static, dynamic & reactive balance. The best way to train reactivity are 1) stop and go or 2) partner perturbation drills.
- Keep circuits simple and easy to remember. Develop a progression matrix and take pictures.
- A thorough and 'specific' Core **ACT**ivation or DROM warm-up should be included at the commencement of the circuit. Heart rates should be well below anaerobic state / threshold.
- Design a 2-3 level circuit and cue to the intermediate level participant. Also be prepared to cue 1 level higher or lower.
- Match prescription to the fitness level of the clientele. Attempt to categorize the participants based on the # of times they have participated in your circuit class. Change the program every 4-6 weeks. This timeline is best for creating adaptation & developing coordination.
- Encourage participants to move slowly and accurately when first learning an exercise.
- A cool down, postural checks and rebalancing activities can be performed at the end of the circuit.
- Circuits can be adapted and incorporated from general fitness to elite performance.



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Circuit Components & Rx:

Warm-up

- Core Activation (all slings) & muscle compliance (Slow Dynamic Range of Motion)
- Moderate speed movement patterns w transitional balance & DROM
- Specific speed deceleration, transitional balance, movement initiation and agility patterns

Circuit 1

- Multidirectional Stamina & Cardiovascular Conditioning
- Balance (static, dynamic and reactive) & Rekinect exercises used for recovery

Circuit 2

- Functional Athletic Strength Training (FAST)
- Functional core strength (all slings) & Rekinect exercises used for recovery

Cooldown

- Flexibility, Yoga, Pilates, Postural rebalancing, Lamp movements

Rx: (volume):

- Beginners Wk (1-3): Day 1 = Dynamic Warm-up + Cardio Circuit (1 loop) + Balanced Flexibility, Day 2 = Core ACTivation + FAST Circuit (1 loop) + Core Isolation
- Intermediate Wk (4-6): Day 1 = Dynamic Warm-up + Cardio Circuit (2 loops)+ Balanced Flexibility, Day 2 = Core ACTivation + FAST Circuit (2 loops) + Core Isolation, Day 3 = repeat Day 1 or 2
- Advanced Wk (7-9) = Core ACT+Dynamic Warm-up + Cardio Circuit (1-2 loops) + FAST Circuit (1-2 loops)+Self Directed Core Isolation & Balanced Flex.

*for variety different tools can be substituted to create a slightly different challenge

Equipment

C = Cardio Exercise; BAL = Balance; Step = Step + 1,2 Risers, L = Speed Ladder, Cone = 6,9' Orange Cone, Band = Rubber Flat Band, Tube = Handled Round Tube, EQ = Equalizer, SB = Stability Ball, MB = Medicine Ball, DB = Dumbell, BB = Balance Board, Pole = broom handle type stick, ½ FR = Half Foam Roller, BOSUP or D = BOSU either Platform or Dome side, Bbar = Bodybar, Timer = Stop Watch



• **CORE ACTivation & DROM**

<p>CORE ACTivation & DROM Post Dead Bug - arms then arms & legs (x4/si & move) Back Lying Alternating Knee Tuck (x6/si) 1ft Bridge Opposite Kn Tuck (x6/si) Side Lying Jane Fonda & Reach & Rotate (x6/si/move) 3pt Kneeling Hip Circuit – Clam & Circles(x6/si/move) Kneeling Hands on Heels Hip Lift (x6) Lunge w Hand Tracking (x6/si) Arms Overhead Fwd Hinge & Squat (x6)</p>	<p>Dynamic Warm-up & Transitional Balance -Butt kicks w quad stretch -Side shuffle w hand clap (width of gym) -Skip w fwd arms *Butt Kicks w quad stretch & floor touch *Side shuffle w front to back arm swing *Skip w bwd arms \$Cycle cycle stop w <u>hammie / calf</u> \$Carioca (width of gym) \$\$Skate skate freeze w 2x shifting sumo (if no Core ACT add Lunges) ^70-90% walk, jog (width of gym), sprint</p>
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Cardio & Balance Circuit 12 min			FAST & Core Isolation Circuit 15 min			Balanced Flexibility 10 min		
SC	Exercise Name	Pre	SC	Exercise Name	Pre	SC	Exercise Name	Pre
C- Step	Jumpover w 2ft Landing or Knee Hug Stepovers	40,45s 10,12	Floor or SB	Stepping or <u>Knee Tuck</u> Push-up or Roller Coaster Push-ups	40,45s 8,10	Flex	Lying Crossover-External Hip	1 x45s / side
C- Ladder	Ladder 2 Ft <u>Diagonal</u> or Straddle Touch Drop & Stop	40,45s 1,2L	SMat & DB	Elbow <u>Kneeling</u> Side Plank DB Fwd Press	40,45s 6,8/si	Flex	Lying V - Groin	1 x 45s
Bal - BOSUD	Stepping Kneel 2 Stand	40,45s 10,12	MB	1ft Bridge / Hip Lift	40,45s 8,10/si	Flex	Lying Crossover Reach - Spinal Rotator	1 x 45s/side
C- Cone & Band	<u>H2Head</u> 4-6 Cone <u>Band On</u> <u>Knee</u> 2 Down & 1Back Si Shuffle Touch	40,45s 2,4L	<u>BBar</u>	Shifting Sumo Squat w <u>1ft Balance</u>	4,6/si	Flex	Side Lying Heel to Buttocks - Quad	1 x 45s / side
C-Line	1ft Jump, Land & Lateral Bound or <u>Speed Skater</u>	40,45s 10,12	Tube	Tube Under R Foot Split Squat Hold L Arm Row	40,45s 8-10	Flex	Sit & Reach-Hamstring	1 x 45s / side
Bal- Tube / Band	<u>Tube Hold</u> + <u>1/2 FR</u> Mar Mar Freeze	40,45s 5,6/	<u>BB</u> + DB	R Ft Kayaker	40,45s 8,10	Flex	Seated Chest-up Stretch	1 x 45s / side
C - PPlate	PP Hands on Floor Sprint	40,45s 2,4L	Tube	Tube Under L Foot Split Squat Hold R Arm Row	40,45s 8-10	Flex	Standing Calf Stretch	1 x 45s / side
C – Cones & MB	4 Cone Suicide Run + 4x <u>MB Jump Squats at Cone 1</u>	40,45s 1,2	MB	Hip 2 Hip Around the World	40,45s 10,12			
Bal - DB	1 Ft Pick-ups or <u>DB</u> Overhead Sh2Sh Press	40,45s 6,8/ft	Pole & Timer	Wall Overhead Squat Hold	40,45s \$____	Core Isolation 10 min		
C – 1/2 FR or Line	Lateral 1ft Hop (# in 10s 1 st & last 10s)	40,45s #____	<u>BB</u> + DB	L Ft Kayaker	40,45s 8,10	Mat & <u>DB</u>	DB or MB Single Double Pullover Crunch	40,45s 6,8
C - Cones	<u>H2Head</u> Figure 8 Run	40,45s 10,12	EQ	<u>Bent Knee</u> Pull-ups	#____	Mat	Knee to Elbow Hold & Opp Leg Lifts	40, 45s 8,10/
Bal – BB or BOSUDP	BB or BOSUD Split Squat to <u>1 Ft Balance</u>	40,45s 6,8/ft	BOSU & Band	BOSU Band on Ankles Tidder Todder Hold & Band Abd	40,45s 8-10/	Mat	Swimmer Switches (count switches)	40,45s 10,12
						<u>BBar</u>	Elbow Side Lying Jane Fonda Leg Lift	40,45s 8,10/