



BASE Camp

Swim

KEY

SS = suspension straps

WB = weighted ball

FR = foam roll

DB = dumbbells

KB = kettle bell

EB = exercise ball

Circuit A - 24 min.



1 WB - Reach to overhead at wall

Start in standing approximately 1 foot width away from wall. Lift ball overhead to wall contact. Keep core tight. Feel for shake in core.



2 Ex ball "stream and tuck" + DB

Lying face down on exercise ball with feet shoulder width apart. Tuck blades toward opposite back pocket. Reach to overhead streamline position. Return to start position and repeat. Hold light weight dumbbells for extra challenge.



3 FR - rolling & hinging

Lying perpendicular to FR with head resting in hands. Keep hips up and use hips and knees to roll over mid-back area. Try hips down hinging backward over same area.



4 Pistols w/ SS

Hold suspension straps in standing position. Perform single leg squat while keeping tension on straps and front knee over the ankle. Keep hips back and chest high. Feel for work in thighs.



5 Knee to chest - feet in straps

Start in plank position with feet in straps. Pull knees to chest and return to start position. Try adding half push-up. Do not allow shoulders to move past elbows (avoid pull depth push-up).



6 KB - sumo dead lift high pull

Start in standing holding KB with hips back, back straight, and chest high. Stand tall and move hips all the way forward squeezing buttock at the top of the lift and pull KB to chest height. Repeat. Do not allow back to round.



7 Ext. Rot at 90 deg w/band + table top (45 deg leg lift)

Lying flat on back, hold hands with band stretching tight around both feet. Keep elbow on floor with arms 90 deg from body. Rotate arms in arc while holding legs straight at 45 deg from floor. Keep back flat and feel for work in core + back of shoulders. Do not allow shoulder to lift off of floor. Try different slow movement with bigger arc and fast movement with smaller arc.



8 Partner assisted Int. Rot at 90 deg w/band + table top (45 deg leg lift)

Partner #1 stands with feet apart to secure bands while straddle stance to secure band while partner #2 is lying on back holding handles with arms 90 deg from body. Rotate arms in arc while holding legs in table top (hips at 90 deg from floor) or in leg straight at 45 deg from floor. Do not allow shoulder to lift off of floor. Try different slow movement with bigger arc and fast movement with smaller arc.



9 (Partner #1) Standing ladder pull apart w/ band; (Partner #2) Prone EB - flutter 3 ways w/ bands

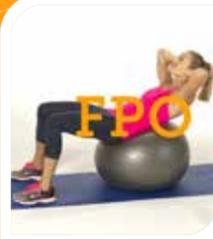
Partner #1 holds handles while standing at partner's feet and performs ladder pull apart exercise until partner needs band resistance. Partner #2 is in plank position, face down, supported by exercise ball with hands on the ground and performs flutter kick, diagonals, and in/out with band resistance.

Circuit B - 24 min.



1 Handstand at wall

Plant hands shoulder width apart and kick legs to overhead against wall. Keep shoulder out of ears. Core stays tight. Return to start position and repeat.



2 Ex ball - crunches

Lying on back with legs in 90 deg and head resting in hands. Perform short and controlled crunch. Repeat.



3 Kneeling - hip flexor stretch (R/L)

Start in half kneeling position w/ opposite leg in 90 deg. Tuck hips by squeezing buttocks and keeping active abs. Shift forward. Feel for stretch in front of thigh.



4 Rows w/ SS

Hold suspension straps in standing. Steps forward for straight body position at 45 deg. Perform rows while keeping shoulders out of ears.



5 Roll-ups w/ band at bar

Use bands with handles around ballet bar. Lying on back with knees bent, perform slow segmental roll-up and roll-down. Feel for working abs during this slow controlled sit-up with band assist.



6 KB - dead lift

Start in standing holding KB with hips back, back straight, and chest high. Stand tall and move hips all the way forward squeezing buttock at the top of the lift. Repeat. Do not allow back to round.



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25 x 2 External rotation w/ band (elbows at side)

Start Position: Standing in straddle stance (front leg bend, back leg straight, feet aligned). Gather band so resistance starts at shoulder width.
Exercise: Pull apart, R and L at same time; keep elbows secure at sides. Try slower and faster movement.



45 sec x 2 Side-lying - "sleeper stretch" (R/L)

Start Position: Side lying w/ downside arm 90 deg. from body.
Stretch: Hold wrist with upside hand and rotate toward belly button. Feel for deep stretch in the back of downside shoulder. Stop short of pain.



25 x Ladder pull apart w/ band (straddle stance)

Start Position: Standing in straddle stance (front leg bend, back leg straight, feet aligned). Gather band so resistance starts at shoulder width.
Exercise: Palms face inward (toward each other) while pulling apart at waist, chest, eye-level. Work up and down 3 rung ladder.



45 sec Prayer stretch for lats (R/L)

Start Position: All fours, hands under shoulders, knees under hips
Stretch: Perform "Child's Pose" sitting on heels and reaching forward. Reach R and L while shifting hips toward hands to feel stretch in side.



4 lunges = 1 25 x Lunge step w/ weighted ball - alternating trunk turn (step R and L) + overhead reach (step R and L)

Start Position: Hold weighted ball in standing
Exercise: Take a big step, drop back knee down, and rotate ball toward thigh side while looking straight ahead. Keep front knee over ankle and body in upright position. Return to stand. Repeat with step on the opposite side, again turning trunk toward the thigh side.
 Finally, repeat lunge for R and L side while performing overhead reach. Keep core tight.



25 x 2 "Thrusters" - squat to overhead w/ weighted ball

Start Position: Stand while holding weighted ball in contact with chest.
Exercise: Perform squat by moving hip back and keeping knees over ankles. Return to stand while pressing ball to overhead moving hips to fully extended position. Remain standing and return ball to chest for start position. Repeat.



15 x (R/L) Hip hinge - "tall runner" to "flight" position

Start Position: Single leg stance in "tall runner" pose.
Exercise: Perform hip hinge while reaching with same side arm and leg (arm reaches forward while leg reaches back). Keep hips square while moving into "flight position" with arm and leg straight. Return to "tall runner" pose. Repeat.



15 x (R/L) Diagonal reach - "tall runner" to opposite foot contact

Start Position: Single leg stance in "tall runner" pose.
Exercise: Perform diagonal reach to touch opposite side foot while standing on one leg. Allow knee to bend during movement. Return to "tall runner" pose. Repeat.



25 x Weighted ball "rainbow to reach"

Start Position: Lying on back while holding weighted ball
Exercise: Perform reach in "rainbow" arc motion, reaching overhead then to thigh. Perform sit-up with ball to ceiling reach (vertical motion). Return to start position. Repeat.



25 x Cross-over bridge (WB to overhead)

Start Position: Lying on back w/ one leg bent and opposite leg in cross-over position.
Exercise: Perform single leg bridge by lifting and lowering hips.



5 count x 5 (R/L) Side plank w/ bent knees + leg raise (lift/lower)

Start Position: Side lying using forearm for upper body support, knees bent to 90 deg., and hips forward.
Exercise: Keep hips forward while lifting to side plank position. Straighten top leg, perform 5 count lift and lower, and return to side plank w/ knees bent position. Lower hips for short rest. Repeat.



45 sec Mountain climbers

Start Position: Bear crawl position in all fours w/ knees off the floor
Exercise: Switch legs w/ quick motion while keeping shoulders out of ears. Goal is knee to elbow contact.



25 x Imprint 3-ways: Crunches, bicycle, hundreds

Start Position: Lying on back w/ head in hands
Exercise: Keep back flat while performing 3-part core work.

- 1 Perform slow & controlled crunch motion to clear shoulder blades from floor
- 2 Lift legs and alternate elbow to opposite knee
- 3 Straighten legs and flutter kick w/ short head lift (3 finger width chin to chest).



5 x 5 (R/L) Side plank w/ bent knees + elbow floor to ceiling

Start Position: Side lying using forearm for upper body support, knees bent to 90 deg., hips forward, and hand on head.
Exercise: Keep hips forward while rotating trunk to move elbow from floor to ceiling. Repeat.



45 sec x 3 (R star, L star, front plank) Plank - star, front

Start Position: Straight body plank position w/ hands on floor.
Exercise: Assume side plank position w/ reach toward ceiling for R, then L side. Finish in front plank using hands or forearm for support.



5 x 5 Modified teaser

Start Position: Lying on back w/ one leg bent, opposite leg straight.
Exercise: Perform crunch while reaching arms and straight leg toward ceiling to contact. Control return to start position. Repeat.

