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Disclaimer

You must get your physician's approval before beginning this exercise program.

These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training or games.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including Hardcore Boot Camp Games. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietitian. If your physician recommends that you don't use Hardcore Boot Camp Games, please follow your doctor's orders.

Why should I use games in my current business?

I am not going to sit here and try to “sell you” on the idea of using games...at least not yet. Ha! I know crazy right? Instead, I am going to tell you the truth about what is going on with your clients and potential clients.

The big hard truth is that your clients can get a workout at any kickboxing, MMA, boot camp, dance studio or aerobics facility. In your head, you are the best and coolest place out of all of those, but in their heads there is no difference between your program and a local “dance aerobics” class at the community center.

You need to establish things in your curriculum and business structure that will distinguish you from those other types of activities. Something that will create an “experience” that people can’t get at any other facility. When you have something or “somethings” that are that unique, it doesn’t matter where you are located, how many staff members you have or how up to date your facility is...people will be lined up to train with you!

That is why I chose to use Fitness Games as my “differentiation tool”... Okay now I’m going to talk a little about Fitness Games. Ha ha.

I knew no one else in the area was playing games and I knew from personal experience that people LOVED playing them, so I took the leap of faith and gave it a shot.

As soon as I incorporated them into my boot camps, we were the talk of the town. Pictures were being posted on Facebook. People were blowing up the comments on those photos. It was like the “perfect storm” of buzz that generated us tons of new leads. This is why I am giving you these games today.

The amount of fun and excitement that will be going on in your facility will be staggering. I know this sounds too simple to be true, but think about it for a second...

After a long crazy workout (which I’m sure you deliver), would you personally want to have some fun or just keep getting your butt kicked?

I can tell you right now, some people will be talking about how great your workout was, but MORE people will be telling you about how much fun they had.

Keep in mind, **people don’t remember what you said or what you made them do, they remember how you make them feel**. If they feel energized and pumped up, then they will keep coming back and keep telling their friends about your program. That, my friend, is EXACTLY what we want to happen ☺

How to Use These Games

If you want to get the most out of your games there are a few things you need to know first.

1. Play music while you play games. It keeps the energy levels high.
2. Make sure you have the “supplies needed” to play each game. This means you should pick a game before the session starts. This way you are prepared.
3. If it is your first time playing a fitness game, don't tell your clients it's a game until after they have played it. Just explain the rules and tell them what to do. Act like it is another form of training (because it is).
4. If applicable, have some type of prize picked out for the winning team and a punishment for the losing team. You could even do something like: the winning team gets to count the other team's pushups.
5. Make sure your energy level is high when you are explaining the rules. If you sound excited then everyone will be excited and these games will work great.
6. Make sure to take pics and post to Facebook. This makes you look like the “non-boring workout” or “cool gym”.

When to play the Games

I usually recommend playing the games at the end of a training session; although, from time to time, I will play an “easier” game for the warm up.

Another great idea is to have a day where you just play fitness games for the whole session. Pick harder more challenging games for more of a workout.

To see examples of more challenging games [CLICK HERE](#).

Without any further waiting...

HERE ARE YOUR GAMES!

Hardcore Boot Camp Games

(Click the links below to take you to specific games)

[Circle Run](#)

[Hand Tag](#)

[Butt Drag Race](#)

[Boulder Pass](#)

[Piggy Back Race](#)

[Jump for Burpees Race](#)

[Side Plank Tug](#)

[Partner Pistol Squat Race](#)

[Lunge Wheelbarrow Race](#)

[Burpee Ball Slam Race](#)

[Partner Chair Race](#)

Circle Run

Format: Two even teams of people

Equipment Needed: Two medicine balls

Setup: Have each team form into a circle. Give one person a medicine ball in each circle. Then, have everyone who doesn't have the ball wait in a pushup position in the circle.



Objective: The first team to complete the race wins.

How to Play: The person with the medicine ball will have to run around the circle and get back to their spot.

Once they get back to their spot, they will hand the ball off to the person on their right and then wait in a pushup position for their team to finish.

The, next person will repeat this process of running around the circle with the medicine ball and handing it off.

This continues until the ball gets back around the circle to the person who started the race. Once they have possession of the ball, the entire team will sit cross legged on the ground.

The first team to sit down wins.

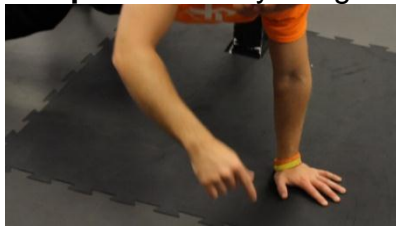


Hand Tag

Format: Every person for themselves

Equipment Needed: None

Setup: Have everyone get into a pushup position and spread out across the room



Objective: The person with the most points at the end of 60 seconds will win.

How to Play: When the time starts, everyone will start to crawl around in a pushup position.

While crawling around, they are going to try and tag other peoples' hands using their hands.

Every time someone tags someone else's hand they get a point.

If their hand gets tagged they lose a point.

The person with the most points will win at the end of the time period. One to two minutes for this game usually works best.



Butt Drag Race

Format: Team of two people.

Equipment Needed: One rope and one towel per teams of two people.

Setup: Have one teammate hold onto the rope, sit on the towel and face away from their partner on one side of the floor. The other partner will stand on the opposite side of the floor and grab onto the other end of the rope.



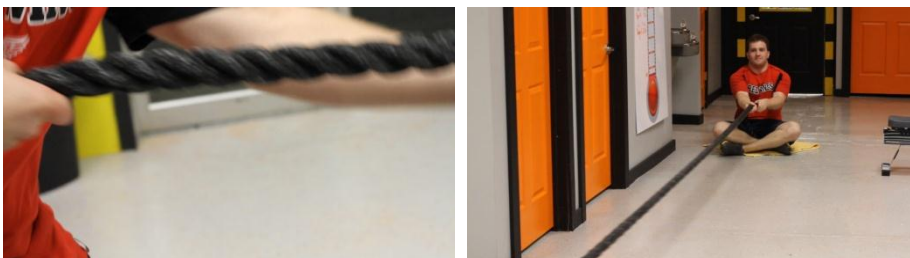
Objective: The first team to complete the race wins.

How to Play: The person who is just holding onto the rope will begin to pull their partner down the floor toward them.

Once the partner reaches them, they will switch roles and the opposite partner will sit on the towel and the other partner will run down with the rope and pull them toward the other side.

The first team to complete this race first will win.

This works best on slick floors, but you can still pull it off on grass or carpet.



Boulder Pass

Format: Two even teams of people.

Equipment Needed: Two medicine balls

Setup: Have each team form into a circle. Give one person a medicine ball in each circle. Then, have everyone who doesn't have the ball wait in a pushup position in the circle.



Objective: The first team to complete the race wins.

How to Play: The people in the pushup position in the circle will begin doing mountain climbers.

When the race begins the person holding the med ball will do 10 squats and then pass the med ball to the person to the right of them. Once they pass the ball, they will do mountain climbers.

This process will repeat until everyone in the circle has done 10 squats with the med ball.

When, the ball gets back to the starting person that team will win.

The heavier the medicine ball the better for this game.

To make it more difficult, if anyone stops doing mountain climbers the ball goes back to the starting person and they start over.



Piggy Back Race

Format: Teams of two people

Equipment Needed: None

Setup: Have each team of two people line up on one side of the room.



Objective: The team that achieves the most completions at the end of one to two minutes will win.

How to Play: When the race begins, one partner will hop onto the other partner's back. The standing partner will run down to the opposite end of the floor.

Once they reach the opposite end of the floor they have to do 10 squats and run back.

When they get back, the other partner will hop onto their partner's back and now they will have to run down, do 10 squats and run back.

Every time teammates switch it counts as one completion. The team with the most completions at the end of one to two minutes will win.



Jump for Burpees Race

Format: Teams of two people

Equipment Needed: None

Setup: Have each team of two people line up in single file lines, facing the opposing team.



Objective: The team that reaches the end of the floor first will win.

How to Play: When the game begins everyone in the lines will hold in a squat position.

The first person in line will do two to five squat hops depending on how hard you want to make it.

Once they complete their squat hops, the next person in line will do the squat hops.

This will continue all of the way down the line until it reaches the last person.

The last person will finish their squat hops and run to the front of the line.

Once they reach the front of the line, the entire team will do a burpee.

When the burpee is complete, the new first person in line will do their squat hops and the process will continue down the line again.

As this process continues, the lines will slowly progress down the floor.

The first team to reach the opposite end of the floor first will win.



Side Plank Tug

Format: Teams of two people

Equipment Needed: Resistance Bands or Towels (one per team of two people)

Setup: Have each person in the team hold in a side plank facing each other (to make it harder have them hold the plank on their hand instead of the forearm). Next, have both people grab the resistance band with one hand.



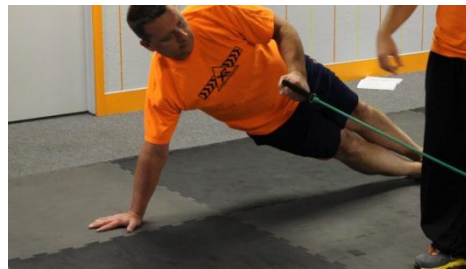
Objective: The person who gets the most points wins.

How to Play: When time starts, the partners will try to pull the other person off balance causing them to fall out of their plank position.

If one person falls out of their side plank position, the other person gets a point.

Play this game for 60 seconds and switch sides.

After you have switched sides, the person who has the most points will win the match.



Partner Pistol Squat Race

Format: Teams of two people

Equipment Needed: None

Setup: Have each team of two people line up facing their partner. Have both partners hold hands.



Objective: The team that completes the race first wins.

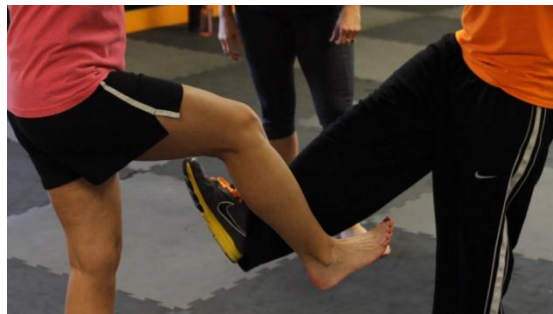
How to Play: When the game begins, Partners will hold one leg out (both partners hold their left leg out).

Once they have their legs up they will begin to perform one legged squats or “pistol squats”.

Each team must do 10-20 reps on one leg, then switch legs.

Once the reps have been finished on EACH leg, the team will sit down on the floor.

The first team to sit down will win.



Lunge Wheel Barrow Race

Format: Teams of two people

Equipment Needed: None

Setup: Have each team of two people line up in single file lines, one person behind the other. The partner in front will get into a pushup position, and the other partner will grab their shins.



Objective: The team that reaches the end of the floor and back to the starting line first wins.

How to Play: When the race begins, the partner holding the legs of their partner will begin moving down the floor holding their partner and performing lunges.

Every time the partner lunges, they will move further down the floor.

Once a team reaches the opposite side of the floor and returns back to the starting line, they will be finished.

The first team to finish wins.



Burpee Ball Slam Race

Format: Two teams of even people

Equipment Needed: 2 medicine balls

Setup: Have each team of people form a circle and give one person in each circle a medicine ball.



Objective: The team that completes the race first will win.

How to Play: When the race begins, the person with the medicine ball will do a burpee with their hands on the med ball and then after the burpee is complete, they will slam the ball on the ground.

After the slam, they will hand the ball off to the person on their left.

As this is going on, everyone in the circle will be doing prisoner squats until it is their turn.

The ball will move around the circle and everyone will get a chance to do the medicine ball burpee slam.

Once the ball ends up back with the person who started the race, the entire team will sit on the ground.

The first team to sit on the ground will win.



Partner Chair Race

Format: Two teams of even people

Equipment Needed: None

Setup: Have each team of people hold in a squat position, leaning back against a partner. Each team should be in a line.



Objective: The team that completes the race first will win.

How to Play: When the race begins, the two people at the end of the line will crawl under the legs of their teammates to reach the front of the line.

They can crawl at the same time or one person at a time.

The main thing is that they don't bump their teammates off balance while they are crawling under them.

If a teammate falls down from the squat position, the whole team has to start over.

Once the teammates get to the front of the line, they will go "back to back" and then the next two people can crawl through the line.

This process will continue and slowly move the line forward down the floor. The first team to reach the finish line or the opposite side of the floor will win the race.



For More Boot Camp Games [CLICK HERE](#)