

Bootcamp Building Blocks

Mindy Mylrea

OneDaytoWellness.org

The Why

1. Creating a Theme / an Event
2. Unique
3. Time Saver
4. Structure, Focus and Purpose
5. Benefits of Team training
6. Benefits of Coach and Team

The How

1. Go beyond the norm
2. Stations and Group play
3. Work to Rest ratio
4. Timing
5. Play as Rest
6. Progressions and Regressions that matter
7. Out of the Box thinking Warm up
8. Logistics
 - a. Space, equipment, timing
 - b. Setting the Circuit
 - c. Grouping the teams
 - d. Maintaining the Excitement
 - e. Creating the Event

The Programs

1. Mobility and Stability
2. Brain and Body Connection
3. Group Add On
4. Sport Skill Development
 - a. Arm drive
 - b. Agility training
 - c. Start and stop
 - d. Reaction
5. Puzzle Planks
6. Partner Play (post Covid)
7. Equipment or Non equipment (traditional / Props)

The Theme Sampler

Stations – One minute each

Stability and Mobility - Solo	Group
Loaded Lunge and Lift / open and close door	Partner Off balance
Squat and Reach / Chair with heels lifted	Circle bender ball push
Side lunge / leg swing	One leg Bender ball pass

Brain and Body Connection - Solo	Group
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Side to Side Squat / Multiply by 3s	How many states Ball Pass
Alternate Knee lifts with ball weave / Name all your friends names	Ask Alexa – Wall sit
Holiday Plank Hold	Spelling Bee

Sport Skill - Solo	Group
Arm Drive (tubing, task)	Line power walk
Agility cone touch (vary cone configuration)	Reaction drill with leader - turning
Skater and stop (bosu, lines, cones)	Start and stop skater

Puzzle Planks- Solo	Group
Building Block stack	Team – complete the puzzle
Side Plank target throw	Partner Plank with disc pass / Trap
Plank spelling	Team – Name that tune

Equipment
Poker Play – HIIT style
Gliding Discs turn over
Giant Dice

Add On
Jumping Jack
Push up
Burpee

Partner
Football run and fast feet
Transfer Run - slap hands
Buddy Burpees
Ready Ready Set

To contact Mindy
info@onedaytowellness.org
mmylrea@gmail.com