

Boot-Campers

Are you planning a camping trip before the summer ends? If so, are you planning to work out during your getaway? Maybe you're planning a hike or going for a run during your trip, so why not add something new, fun and challenging? I just got back from a beautiful camping trip with my family in northern Wisconsin and I wanted to get a workout where the whole family could get involved so I conducted a Bootcamp to work off those smores from the night before. It was Friday morning and I was ready to wake up the family and get the Bootcamp going.

Although I received a few complaints on the early time and I was even told to go away, I was able to get my two sisters, brother-in-law and my dad involved. With music pumping we were ready to work up a sweat. The exercise is called the "Boot-Camper" and it only requires you, a picnic table, towel and plenty of water.

Boot-Camper:



Jump Rope

Pushups

- I. 90 seconds of jump rope (with or without a rope) / 30 seconds of pushups
60 seconds of jump rope / 30 seconds of pushups
30 seconds of jump rope / 30 seconds of pushups



Speed Skaters



Dips

- II. 90 seconds of speed skaters/30 seconds of dips
- 60 seconds of speed skaters/30 seconds of dips
- 30 seconds of speed skaters/30 seconds of dips



Jumping Jacks



In and Out Abs

- III. 90 seconds of jumping jacks/30 seconds of In and out abs
- 60 seconds of jumping jacks/30 seconds of in and out abs
- 30 seconds of jumping jacks/30 seconds of in and out abs



High-Knees

(Arm Circles (Not pictured): In standing position you will extend arms into a "T" formation. You will do arm circles forward for 15 seconds and backward for 15 seconds)

- IV. 90 seconds of high-knees/30 seconds(split) of arm circles
- 60 seconds of high-knees/30 seconds (split) of arm circles
- 30 seconds of high-knees/30 seconds (split) of arm circles



Mountain Climbers



Bicycle Abs

- V. 90 seconds of Mountain Climbers/30 seconds of bicycle abs
- 60 seconds of Mountain Climbers/30 seconds of bicycle abs
- 30 seconds of Mountain Climbers/30 seconds of bicycle abs

After this workout you will have felt pushed, but totally accomplished. I even had a few fellow neighbor campers asking to join in. You don't always need a gym to keep up with your fitness routine, even a camping trip is an excellent way to become physically fit and to get the whole family involved.