Vol 2

Unique Bootcamp Workouts

EPIC BOOTCAMP GAMES

KEEP YOUR BOOTCAMP FULL & YOUR CLIENTS FOR LIFE

Point Me/or Prison

EQUIPMENT:	Multiple exercise markers
NUMBER OF PLAYERS:	4+
TIME:	10 minutes
AIM:	Collect as many points as possible.
METHOD:	Give each player a cone. Get the group to form a large circle with the cones.

Alternate the cones so that half are facing in towards the circle and half are facing out away from the circle. See diagram.

Each player should now be stood next to a marker.

To start: The instructor rolls two dice then adds up the total. Players must jog that many spaces clockwise.

So if the instructor rolled a total of 12, each player must jog 12 spaces/cones clockwise.

Points and forfeits

If the player lands on a cone pointing in towards the circle they must be banished to the burpee prison (middle of the circle) to complete 3 burpees.

If the player lands on a cone pointing out away from the circle then they must run 1 victory lap of the circle and collect an individual point.

Once all players are back on their stations, the instructor rolls again. The team captain must add up all individual scores at the end. The team with the most points will win the game.

TIPS/VARIATIONS:	♥ Change the exercise in the middle of the circle.
	♥ If you don't have pointed cones. Turn your half of your markers upside down.
NOTES:	Markers Face up = burpees,
	Markers face down = victory lap.
	♥ For large groups, you have can have more than one person to start on each marker.
	♥ Once the markers have been placed down from the start they don't move at all during the game.

Burpee prison
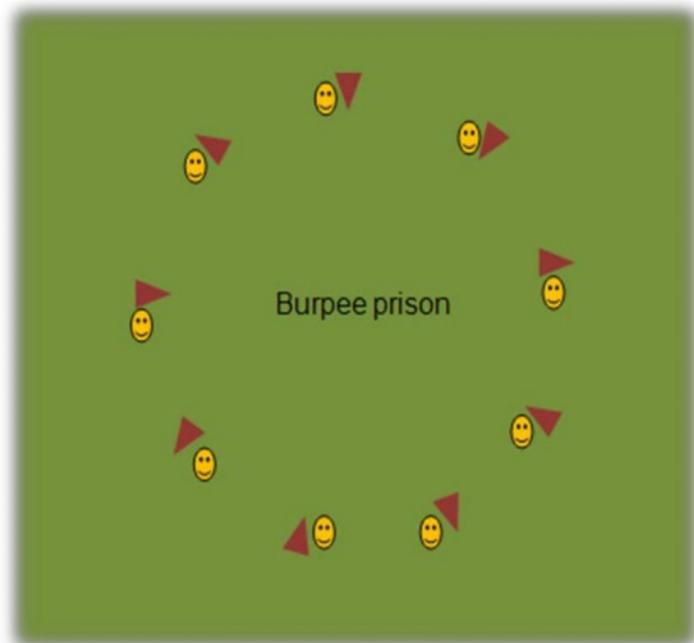
Game Variation: Instead of using dice. The instructor can make up the number. So the game may consist of the instructor calling out 10 numbers one at a time. Once the 10 numbers have been called team captains can add up all individual scores.

Epic Bootcamp Games Volume 2

1. 3 Strikes and You're Out
2. 8 Ball
3. Better Get Rid
4. British Bull Dog
5. Catch It If You Can
6. Chaotic Pinball
7. Cone War
8. Flipping Annoying
9. Good Luck Bad Luck
10. Human Speedway
11. King Flipper
12. Never Eat Shredded Wheat
13. Point Me or Prison
14. Show Us You're Skills
15. Simple Sprints
16. Speed Relay
17. Stitch ME Up Butter Cup
18. Suicide Central
19. The Funny Farm
20. Ninja Relay
21. Tipping the Scales
22. Touch to Ten
23. Cone up, Cone down – Hit man edition
24. What's the Catch?
25. To Your Collection Point

It's Your Fault If Your Clients LEAVE!
So Don't give them A Reason!

- Your clients will leave you for one main reason - **because they get bored**, this is a well known fact.

- But **they'll never tell** you that.

- Give your clients a reason to stay and you'll **have them for life**, along with a **healthy bank balance**.

- **Fun and exciting workouts** spread like wild fire, it is said to be the single most **effective way to attract new clients** through referrals and to keep the ones you've already got.

- Epic Bootcamp Games is an **essential tool** that will allow you to fill your camps all year round.

All this and some GREAT Bonuses!

Check It Out!