



UNIQUE BOOTCAMP WORKOUTS

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Welcome to the crazy world of Unique Bootcamp Workouts

Imagine having the power to create an **endless supply** of awesome Bootcamp workouts literally in a snap of a finger.

Simply **mix and max the various ideas** in seconds, allowing you to create **literally millions** of fun, unique and highly engaging workouts.

Stop to consider what this could mean **for you, your business and most important of all your clients.**

- ♥ You'll never have to sit in frustration staring at a blank sheet of paper ever again,
- ♥ Wondering where your next **amazing workout will spring from.**

- ♥ You'll keep your clients entertained, **coming back for more** and referring floods of new leads.

- ♥ You'll build a solid **reputation** as the go to instructor/fitness provider in your town.

- ♥ You'll have the ability to give your clients **an unforgettable experience** week in week out, keeping you far more consistent than your competitors.

The Truth Can Hurt, and know body wants to hear it!!!

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.

Unique Bootcamp Workouts is an **essential tool** that will allow you to fill your camps all year round.

Here's What You Get with UBW

TEAM GAMES

Walk the Plank	7
Plank Jump-Over (Partner Exercise)	8
Plank Runner	9
Points Catcher	10
Rack up the Points	11
Rapid Relay	12
Race to the Finish	13
Sitting Caterpillar	14
Sit Up Swapper	15
Team Collection	17
Team Hurdles	18
Team Tunnel	19
The Crazy Line Game	20
The Crazy Run Around	22
The In & Out Game	23
The Tyre Run	24
Tick Tack Toe	25
Tough Tyres	26
Tyre Turbulence	27
Who Can Finish First?	28
Who Can Hit the 5?	29
Zigzag Runner	31
Twelve Cone Rush	32
All In	34
Ball Throw Challenge	36
Basket Ball Score	37
Clock Work	38
Double Bubble	39
Around in Circles	40
Fast & Furious	41
Jump for Goal	42
Numbers Up	43
Pass the Ball	44
Pass the Tap	45
People Pull Through	46
Piggy in the Middle	47

TEAM COMPETITION CHALLENGES

Can You Finish (Partner Challenge)	6
Crazy Fool	7
Endurance Sprinter	8
No Guts No Glory	9
Flipping Hell	10
Lucky Dip	11
Mini Task Master	13
The Snail Race	15
Relay Accumulator	17
Rotational Runner (Team Challenge Warm Up)	18
Shoulder Press Challenge	20
Team Tasks	22
Ten Cone Challenge	24

Crazy Circle	25
The Five Stages of Hell	26
The General	27
The Rep Count Challenge	29
Timed Runner	30
Triangle Blast	31
Trio Training	32
30 Seconds of Fame	33
Zero Point	34
A True Test	36
Agility Combo	37
AMRAP (As Many Rounds as Possible)	38
Ascended Master	39
Back to Back Challenge	40
Back to Back (Part Deux)	41

PARTNER CHALLENGES

Down the Ladder	7
Leg it (Dynamic leg warm up)	9
Mirror Image	10
Partner Triumph	11
Pick up Point Runner	13
Pushing Through the Pain	14
Grind me Down	15
Side Touch Race	16
Sit Up Plank Sprinter	17
Sit Up Plank Switch	18
Sit Up Side Move	19
Sprint Exchange	20
Team Blaster (Part One)	21
Team Torture	22
Tennis Ball Shuttle Run	23
The Chase	24
The Commando Crawl	25
The Dynamic Jump Over	26
The Finisher	27
The Show Stopper	28
The Task Master	29
The Tough Cookie	30
Total Integrity	31
Triple Run Backs	32
Triple Run Outs	33
Turbo Twister (Abs Drill)	34
4 Times the Fun	35
Abs on Fire	36
Abs with a Jump Challenge	37
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Triple Dropper (Race Edition)	39
Ring Runner	40
Hard as Nails	41
Help Ups	42
Jelly Legs	43
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CREATIVE COMPETITION CIRCUITS

Beat the Sequence	6
Bumper Circuit	9
Changing Stations	10
Simple Circle	11
Crazy Cone Chaser	12
Demon Dice	14
Descending Triangle	16
Linear Warrior Circuit	17
The Strong Man Challenge	19
Ninja Warrior	20
Star Performer	21
Square Bear	23
Supreme Circuit	25
The Never Ending Circuit	27
What am I Doing?	28
Zigzag Endurance Runner	30
Hook Line & Sinker	31
Double Dasher	33
Workaholic	34
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FINISHER DRILLS

Blast Reps	6
Can You Hack It	7
Combination Crunch	8
Crush Finisher Drill	9
Feel the Burn	10
Heavy Legs	11
Metabolic Madness	12
The Warrior Dance	13
The Warrior Dance (Supreme Edition)	14
Shredded Abs	15
The Gradual Grind Down	16
The Hang Out	17
The Screamer - 3 by 1 Ladders	18
The Ultimate Finisher Drill	19
Triple Decker	20

INDIVIDUAL DRILLS

The Killer	6
Abdominal Suicide	7
Endurance Circuit	8
Jumping for Joy	9
The Beast 500	10
The Descent 705	11

FITNESS TESTS

Fitness Test 1.0	6
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Fitness Test 1.2 – Boxing Test	9
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50 DONE FOR YOU PLUG AND PLAY COMBINATIONS

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FUN FILLERS

Total Confusion	6
Chips & Gravy	7
Pass the Shoes	8
Pat-a-Cake	9
Bomb Burst	10

It's Time You Become the Guru!!

What don't you think you can?

Look...

If you use and study the simple concepts within UBW, you'll be the most exciting, inspirational, and unique instructor for a million miles around.

Would you like that?

In fact I'm so confident that UBW will work for you that there's a 60 day, no quibble money back guarantee attached to it.

Check it out, **click the link** below and give it a go!!

It won't let you down...Ever



Dedicated to your imminent success

Leon Melnicenko

Founder of Unique Bootcamp Workouts