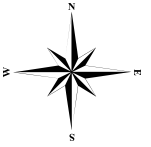




STRATEGIC BOOTCAMP COURSE DESIGN

BIDIRECTIONAL MAP



Bidirectional Bootcamp Course Design

Introduction

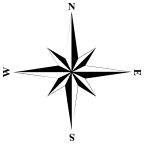
Welcome to the Bidirectional Bootcamp Course Design, where competition meets camaraderie. This course is all about pushing past your limits in a supportive, team-oriented environment. Designed to sharpen reflexes, improve endurance, and increase recovery speed, this bootcamp is perfect for those who thrive on challenge and motivation.

What to Expect

In this course, you'll engage in a series of exercises that encourage friendly competition and team accountability. The bidirectional layout ensures that you're always moving, always adapting, and always growing. Each exercise sign includes detailed instructions, a visual guide, and a quote to inspire peak performance.

Get ready to compete, connect, and conquer with this high-energy bootcamp designed to bring out the best in you.

Important: If you have any medical conditions or injuries, consult with a healthcare professional before participating in the workout.



5-Minute Warm-Up Kicks and Punches

Basic Punches (1 min)

Jabs and Crosses: Alternate jabs and crosses, rotating the torso for power.

Kick Combos (2 min)

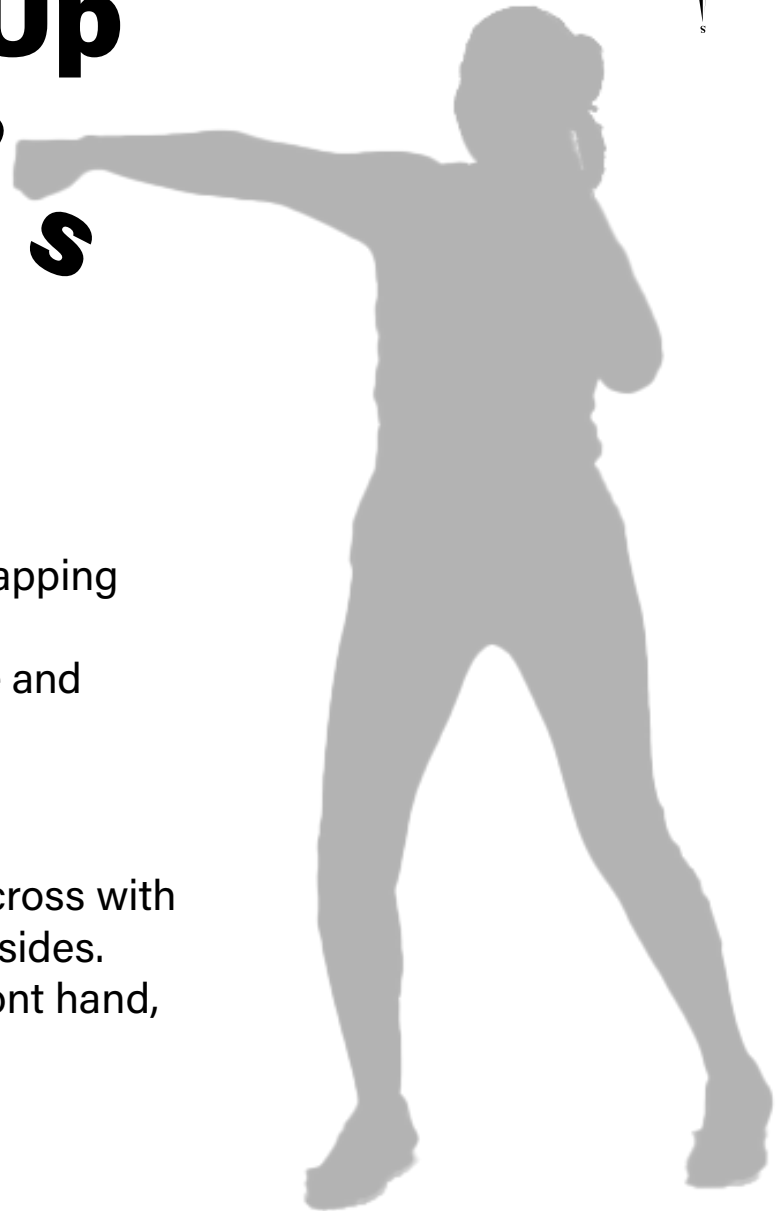
Front Kicks: Alternate raising each knee and snapping the foot forward.

Side Kicks: Alternate lifting each knee to the side and extending the leg outwards.

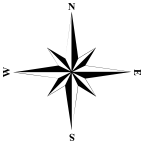
Punch and Kick Combinations (2 min)

Jab-Cross-Front Kick: Jab with the front hand, cross with the rear hand, followed by a front kick. Alternate sides.

Hook-Cross-Side Kick: Hook punch with the front hand, cross with the rear hand, followed by a side kick. Alternate sides.



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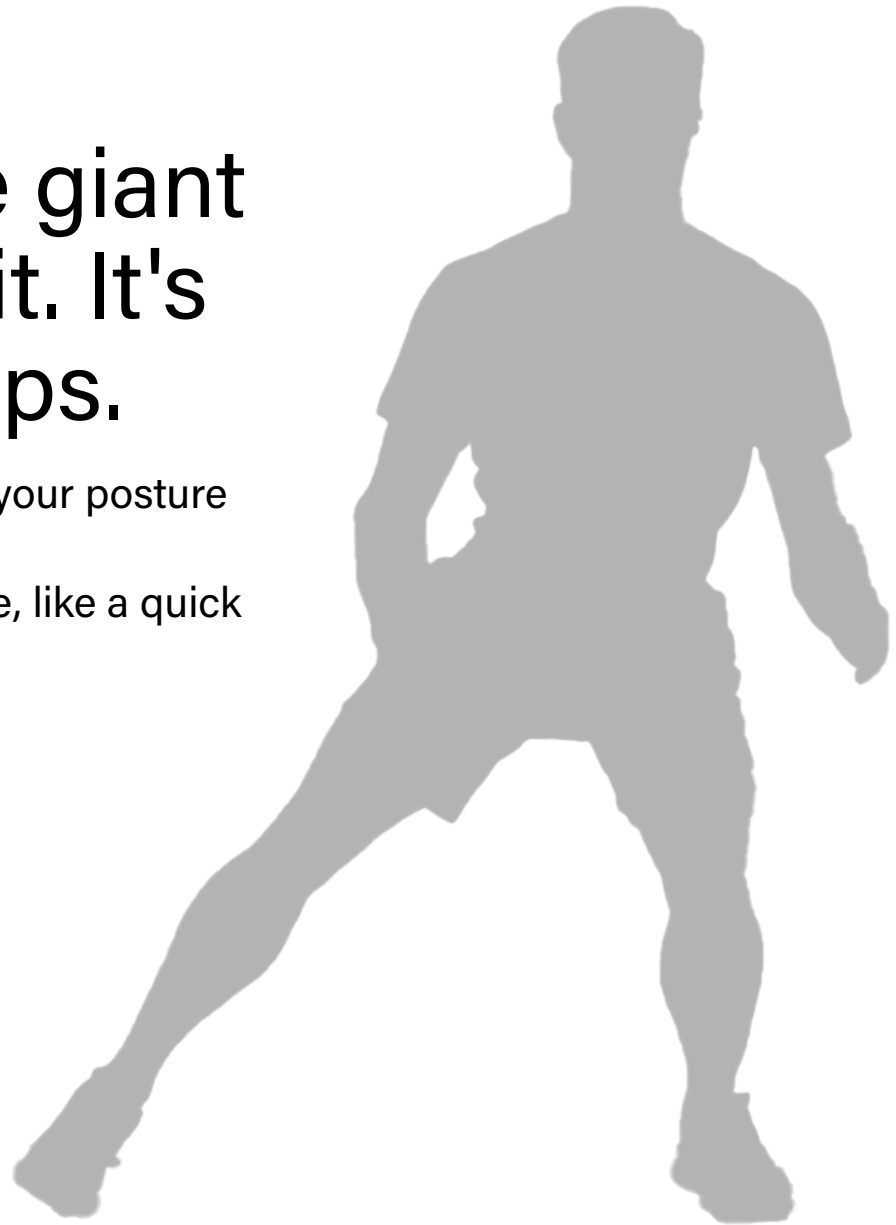


Side Steps

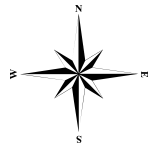
There is no one giant step that does it. It's a lot of little steps.

Move swiftly to the side, keeping your posture strong and balanced.

Make each step sharp and precise, like a quick dance move!



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Jog Backward

It does not matter how slowly you go as long as you do not stop.

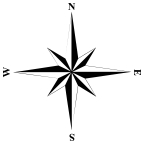
Jog in reverse, keeping a steady pace.

Trust your senses—look into the distance before you start, and visualize your path as you jog backward.

Stay alert and maintain control, as if you're skillfully navigating an obstacle course!



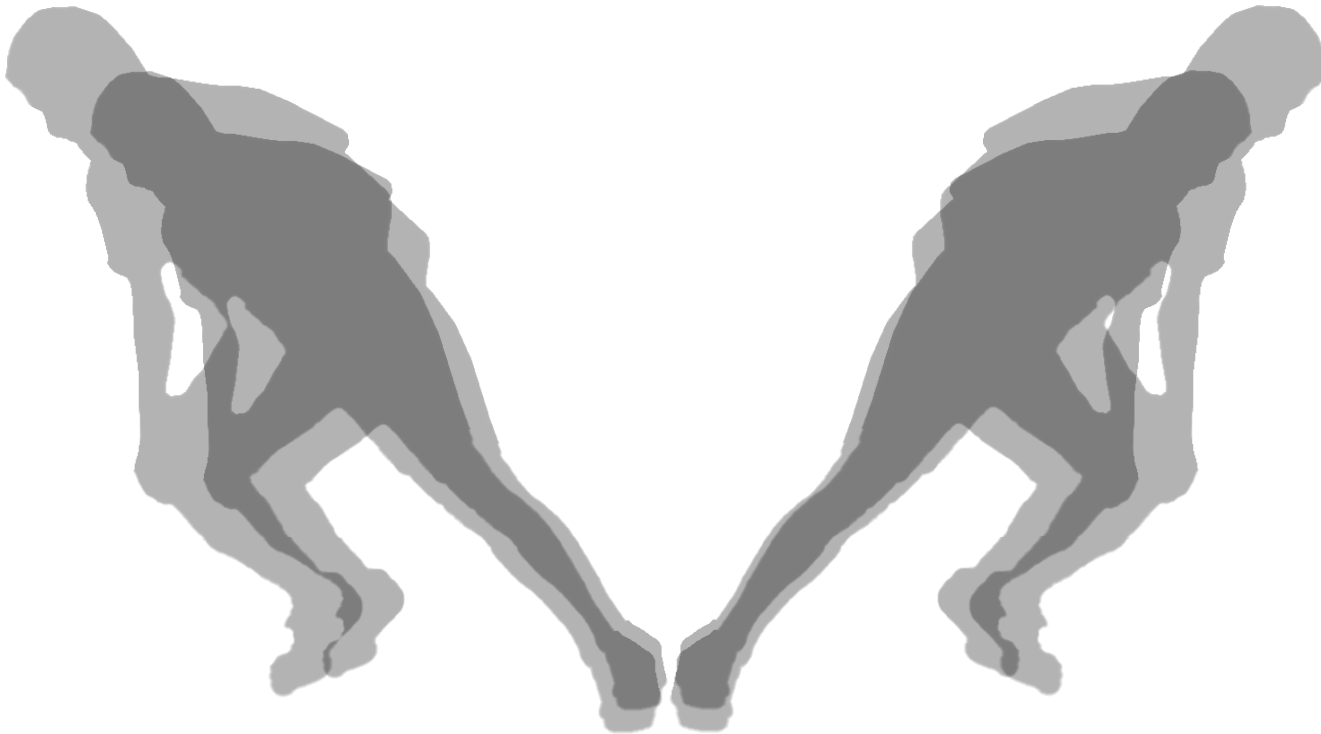
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Quick Step 180's

Its better to look ahead and prepare than to look back and regret.

Dash to the side, then spin 180 degrees to face the opposite direction. Keep the energy high as you alternate sides down the length of the cones or designated area, moving with agility and precision!



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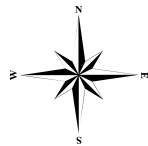
Jog Forward

Get ready to unleash
your speed!

Jog forward at a steady pace, building
momentum and focus for the sprint ahead.
Feel the energy rise as you prepare to take off!



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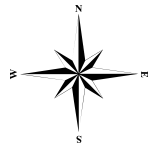
Sprint

Run at full speed
—your victory awaits!

Feel the rush and give it everything you've got!



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Triceps Dip in Motion

Power Play

Warm Up: Sit on the ground, hands behind you, fingers forward. Lift hips, bend elbows to lower body, straighten arms without locking elbows.



Beginner Level

Balance Challenge: Alternate lifting legs and arms one at a time. Count how many times you can do this without losing balance. The player with the highest count wins.

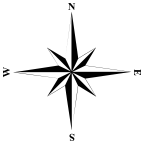
Advanced Level

Speed and Skill: Form Teams.

One player does triceps dips while the other kicks a ball to them. The dipping player kicks it back. Switch roles after 1 minute. The team with the most successful passes wins.



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Burpees

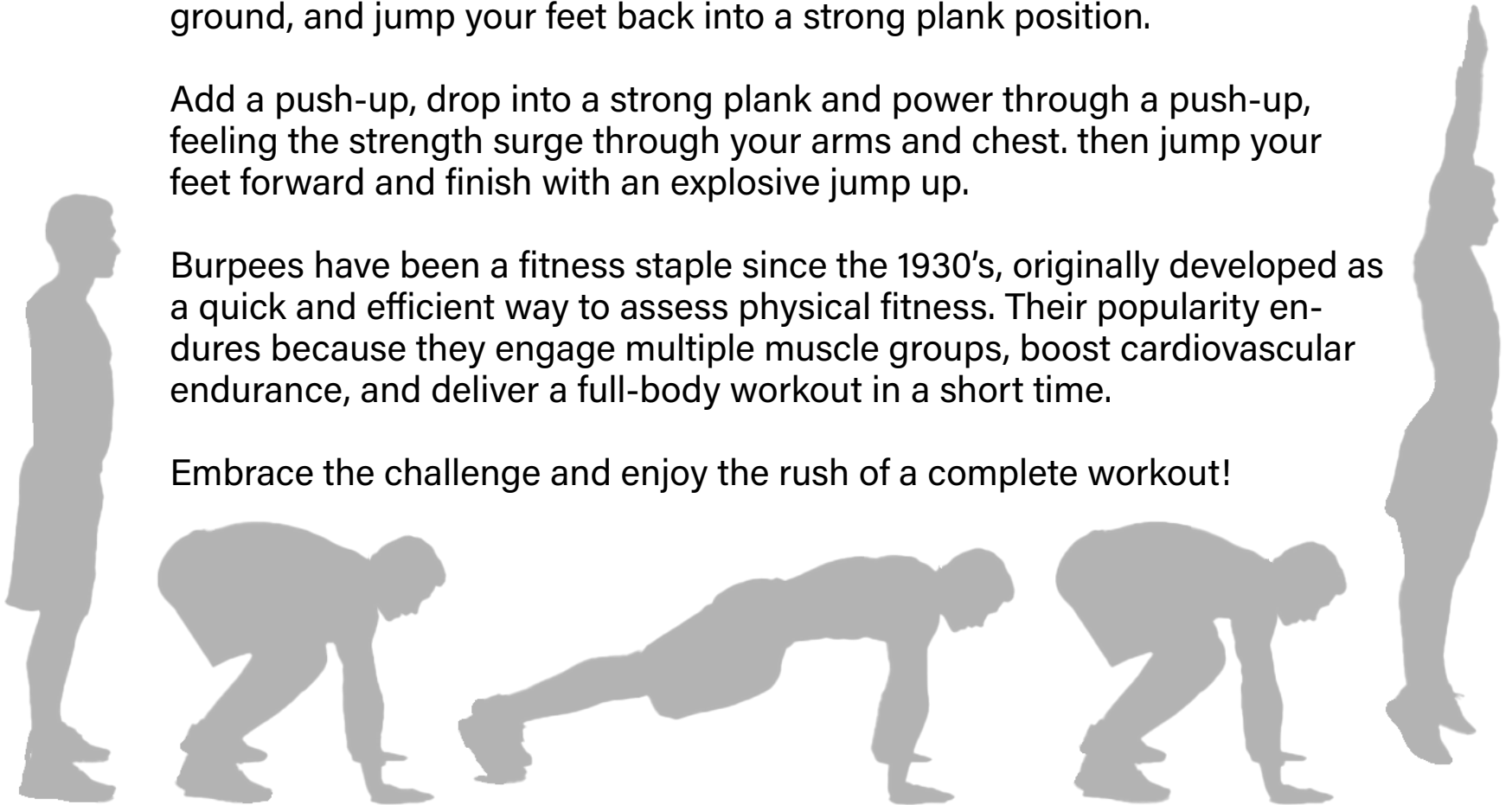
Get ready for a powerhouse move!

Imagine you're launching into action: squat down, place your hands on the ground, and jump your feet back into a strong plank position.

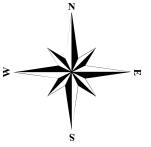
Add a push-up, drop into a strong plank and power through a push-up, feeling the strength surge through your arms and chest. then jump your feet forward and finish with an explosive jump up.

Burpees have been a fitness staple since the 1930's, originally developed as a quick and efficient way to assess physical fitness. Their popularity endures because they engage multiple muscle groups, boost cardiovascular endurance, and deliver a full-body workout in a short time.

Embrace the challenge and enjoy the rush of a complete workout!



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Spiderman Plank

Everything you say and do creates an impact.

Spider Exercise Progression

Beginner

Start in a forearm plank position. Step one foot outside your hand, then return it back. Alternate sides.

Intermediate

From plank, bring your knee toward the same side elbow in a crawling motion for each side.

Advanced

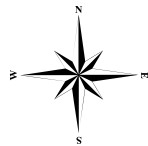
In plank, simultaneously bring your knee toward the same-side elbow while lowering your body into a push-up. Alternate sides.



Common Spiderman Plank Mistakes

- Hip Dip/Arch: Weakens core, strains lower back.
- Rounded Back: Shifts focus from core to upper back.
- Head Misalignment: Disrupts spine, reduces core work.
- Jerky Movements: Slow, fluid motions are crucial.
- Holding Breath: Breathe properly for optimal performance. Exhale on exertion.

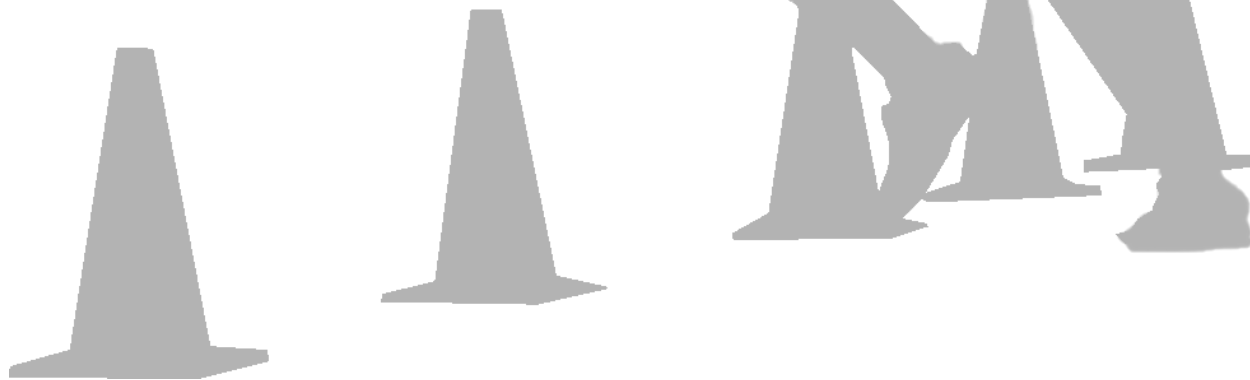
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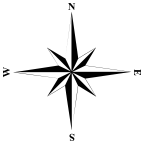
Weave in/out Jog

Let your legs do the running, your mind do the pacing, and your heart do the pushing.

Jog while weaving skillfully in and out of cones or markers, staying light on your feet and focused.



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Lateral Cross-Overs

Paths that cross will cross again.

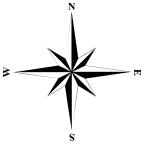
Mark your target distance.

Position yourself in an athletic position—a wide, stable base that allows you to move quickly in any direction.

Perform a rapid lateral crossover to the marker, then reverse back to your starting point.

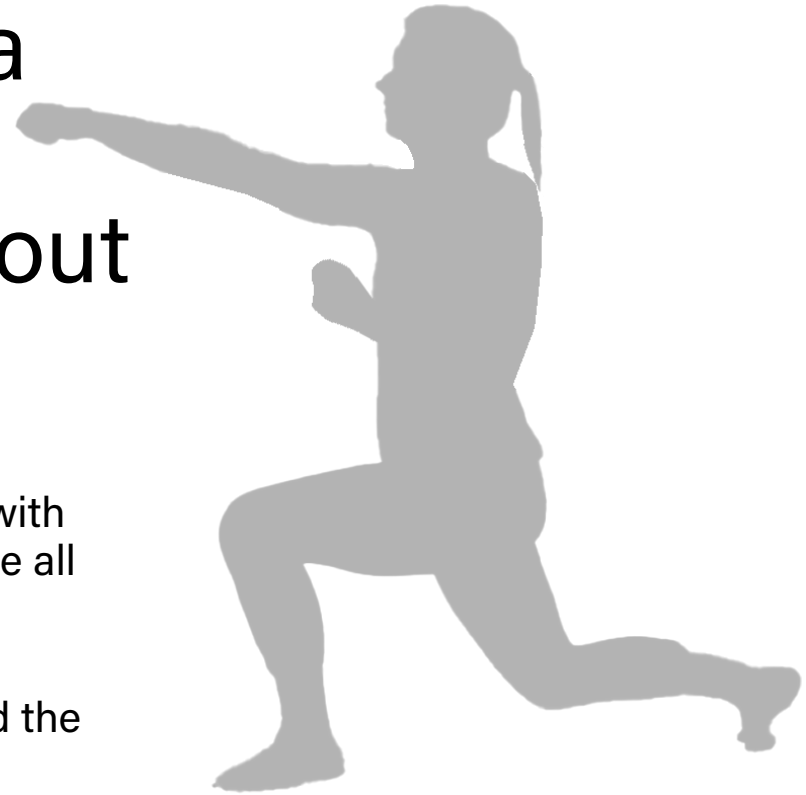


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Knockout Lunges

Step forward into a lunge, visualizing yourself knocking out negative energy.

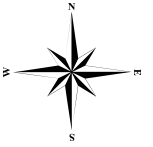


As you lower, throw alternating punches with each arm, shifting your direction to engage all planes of motion.

Mix in cross, uppercut, jab, and hook combinations to keep the energy high and the workout dynamic.

Imagine pushing away any hurts or pains and empowering yourself with each strike.

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Mountain Climbers

It's not the mountain we conquer,
it's ourselves.

In plank position, drive your knees to your chest in a rapid, dynamic rhythm. Feel the intensity build as you alternate legs, powering through each step. Conquer your limits and unleash your inner strength with every climb.

Progressive Variations

Slow and Steady: Start slow, focusing on form and alignment.

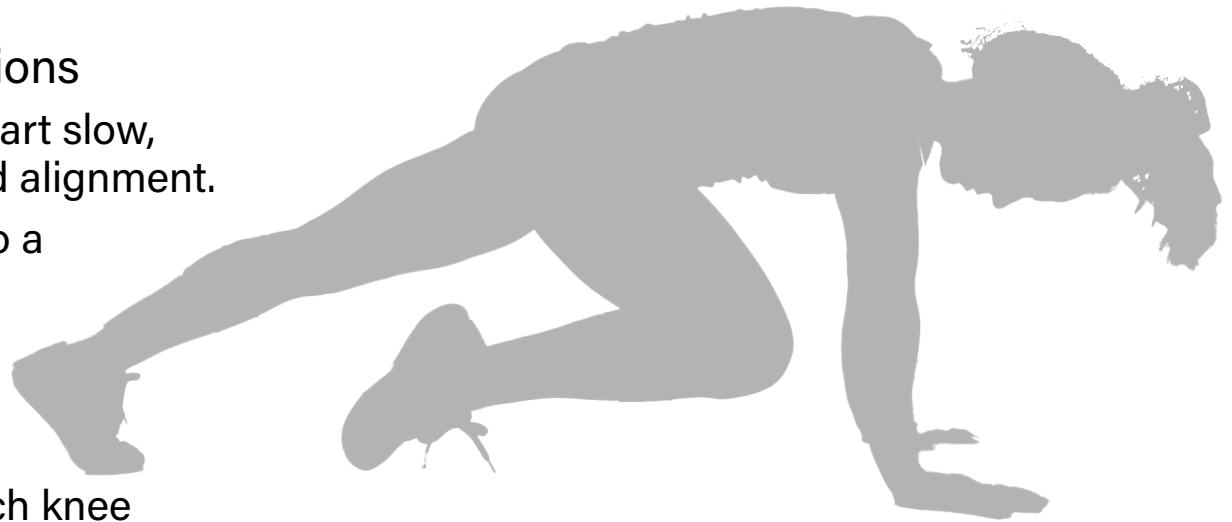
Easy Jog: Increase to a jogging pace.

Wide Steps: Drive knees to the outside of your hands.

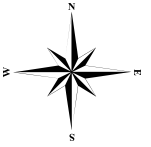
Cross Body: Pull each knee toward the opposite elbow.

Hand to Knee: Alternate touching hand to knee.

Forearm Plank: Lower to forearms, drive knees outside shoulders.



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Squats

Keep your form focused, your squats low, and your standards always high.

Stand tall with feet shoulder-width apart. Lower into a squat with control, as if sitting into an invisible chair, then powerfully rise back up, engaging your muscles with each movement.

Proper Form Check List

Neutral Neck: Keep your neck aligned with your spine.

Chest Up: Lift your chest proudly, maintaining a proud posture.

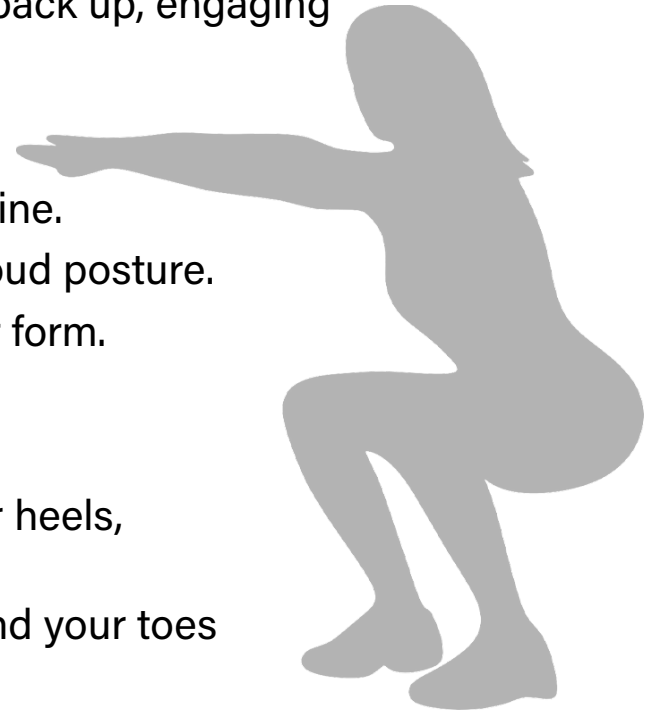
Forward Gaze: Keep your eyes ahead to guide your form.

Neutral Spine: Maintain a slight arch in your back.

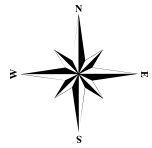
Hip Below Parallel: Lower hips below knee level.

Weight on Heels: Ground your weight through your heels, ensuring toes and heels stay firmly planted.

Knees Behind Toes: Keep your knees aligned behind your toes for optimal form.



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Unlock Your Full Potential with Personalized Coaching

Congratulations on completing your Strategic Bootcamp journey!

To help you take the next step, I'm offering an exclusive 20% discount on 1:1 coaching sessions, tailored to meet your unique needs.

Whether you're a seasoned pro looking to refine your technique or someone aiming to push past a plateau, these sessions provide the guidance and support you need to reach your goals.

Start by choosing a Complimentary Coaching Call

Discovery Call

Perfect for those who want a thorough assessment before diving into strategies.

Strategic Call

Ideal for those ready to take action with a focused, goal-oriented approach.

Ready to unlock your full potential?

[Click here to schedule your preferred coaching call.](#)

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