



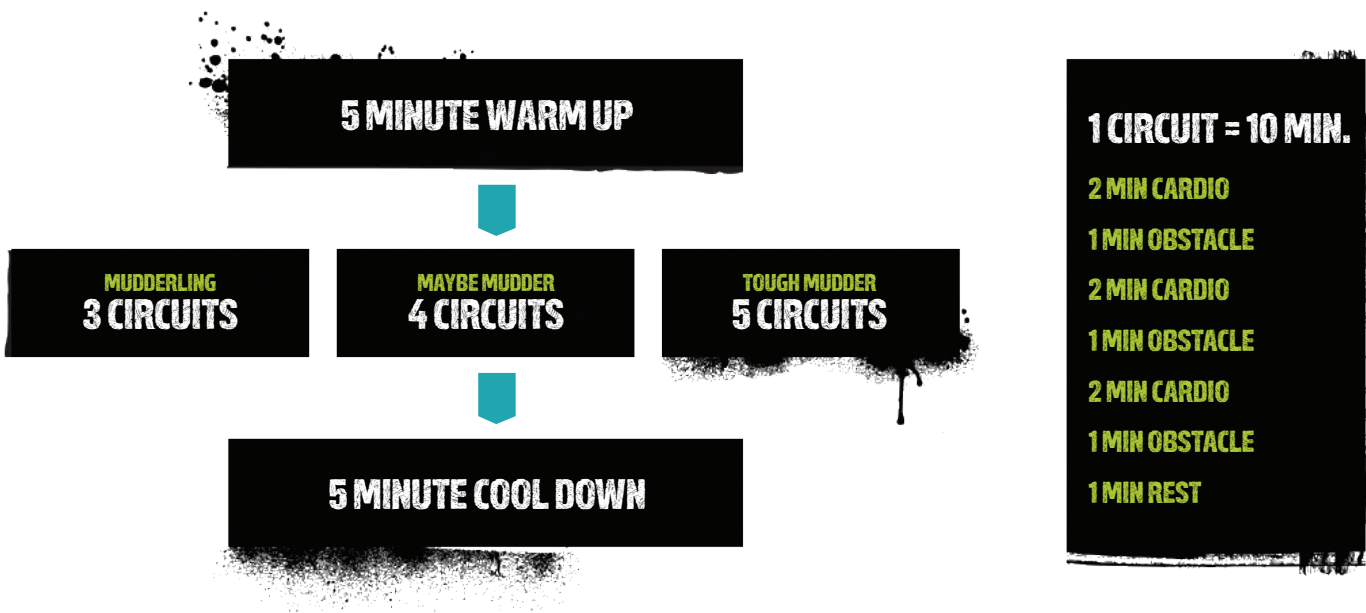
# TOUGH MUDDER BOOT CAMP

Tough Mudder Boot Camp is a high-intensity circuit series designed to torch every part of your body. Each exercise is a timed station designed to challenge your heart, lungs, and muscles, as well as prepare you for specific Tough Mudder obstacles. Boot Camp will set you on the path to becoming a sculpted, rugged, gritty Mudder.

At the Tough Mudder level, you should strive to complete this Boot Camp three times per week and work out on three additional days with further cardio training (or repeat this Boot Camp if it's your jam).

## OVERVIEW

Here is the general structure of the Tough Mudder Boot Camp:



## GET READY

**Time:** 60 minutes

**Recommended Equipment:**

- Towel
- Pull-up Bar
- Dumbbell/Weight/Kettlebell
- Box/Bench
- Bosu/Medicine Ball

**Advancing Levels:**

Once you've mastered this Boot Camp you are ready to tackle Tough Mudder! Take rest as needed for your fitness level. We recommend one minute of rest per circuit, though you may need to build up to this level. Please consult your doctor or physician for any additional concerns.

If you do not have the equipment or resources to complete one of the obstacles above, look on [toughmudder.com/tough-mudder-boot-camp-training](http://toughmudder.com/tough-mudder-boot-camp-training) for alternative exercises.

## WARM UP: 5 MIN

One minute for each exercise: (1) running; (2) grapevine, alternate sides; (3) side shuffle, alternate sides; (4) high knees; (5) butt kicks.

## CIRCUIT 1: 10 MIN

Follow our recommended sequence or build your own.

TIME	WORKOUT	DESCRIPTION
2 min	You Don't Know Jacks Shoulder Jumping Jacks	As fun as they were in elementary school, jumping jacks are awesome for the cardio portions of your training. Only now, bring your arms to your shoulders (not your hips) to isolate your delts and then bring them all the way back up. Push yourself. Jump until your shoulders sizzle.
1 min	Everest Push Ups	Hands flat on the ground, square your shoulders, and make sure your hips are in-line with your back. Your body should be razor straight as you lower your chest to the ground. Add even more intensity to the exercise by performing explosive push ups and clapping mid-air. See yourself going all-out on that wall until it comes a-tumblin' down. HOO-RAH.
2 min	Mud Skippers Jump Rope	If a jump rope workout is good enough for Rocky, it's good enough for you. Start with the standard jump by pushing off the ground evenly, with both feet. Work up to the running jump rope and then double jumps.
1 min	Hold Your Wood Tough Squats	Stand with your feet hip distance apart with your toes, knees and hips in a straight line. Pull your belly button towards your spine and contract your abdominal muscles. Slowly lower your body, as though you are sitting in a chair, until your butt is in line with your knees. You should have your back straight, knees behind your toes and weight on your heels. Take the Maybe Mudder to the next level: squat with a heavier weight and press the weight over your head as you return to the standing position. Now, go faster.
2 min	All-Around Strength Burpees	To master the burpee, begin in a squat position with hands on the floor in front of you. Kick your feet back to a push-up position. Immediately return your feet to the squat position. Leap up as high as you can from the squat position. Repeat, moving as fast as possible and maintain a fast pace. To kick it up a notch, begin adding a push-up as you hit the ground.
1 min	Everest Slippery Mountain Climbers	Find a wooden floor or flat surface and place your feet on two washcloths or a folded hand towel. Assume a high plank position and pull BOTH legs in towards your chest at the same time and then push them back out to resume the plank position. Repeat and build up speed.
1 min	Rest	

## CIRCUIT 2: 10 MIN

TIME	WORKOUT	DESCRIPTION
2 min	Stability Skates	Try this hip stability exercise: stand with your feet shoulder-width apart and balance your weight on your right foot. Then pick up your left foot and loop it behind you toward the right leg, tracing a D-shape with your toes. Bring your left arm to your right foot. Now push with your right leg and transfer your weight to your left leg while bringing your right leg behind your left. Bring your right arm to left foot. Continue skating, gaining speed and distance between each skate.

1 min	Hangin' Tough Turkish Get Ups	Start lying on your back, holding a kettlebell, dumbbell, or rock above one shoulder. Then simply stand up, using your free arm to help you, while keeping the weight above you at all times. Keep the arm fully extended as you lie back down and repeat. Switch sides halfway through. Add more weight and go faster.
2 min	Glacier Ski Jumps Ski Jumps	Ski jump exercises give you overall stability. Stand with your feet together straddling a crack in the sidewalk or folded towel on the floor. Bend your knees and jump to the right as far as you can. Land with soft knees and immediately jump laterally to the left. Repeat.
1 min	Cage Crawl Crawl Outs	Stand with your legs straight and your hands flat on the floor. Depending on your flexibility you'll probably need to begin with your hands a couple of feet in front of you. Keeping your legs completely straight, walk your hands forward as far as possible. Concentrate on keeping your stomach tight, with your navel pulled in toward your pelvis. Then take small steps to walk your feet forward to your hands, ending in the starting position. Repeat. Faster.
2 min	Ladder to Hell Climbers Standing Mountain Climbers	From a standing position, reach your left hand as high as you can, while driving your right knee up and out. Then pull down your left hand and reach high with your right, while simultaneously dropping your right foot and driving your left knee up and out.
1 min	Hangin' Tough Side Planks	Start in a low plank position: lie face-down and prop yourself up on your forearms. Slowly drop your right hip down to the ground with your core engaged. Switch to the left side and repeat until you feel the burn. Once you've mastered low plank dips, take it up to high plank. Keep both arms fully extended so that your body forms a T-shape. Start to lower your hips and pull them back up. Switch sides halfway.
1 min	Rest	

## CIRCUIT 3: 10 MIN

TIME	WORKOUT	DESCRIPTION
2 min	Log Jammin' High Knees	Get through Log Jammin' with this high knees exercise. Stand in place with your feet hip-width apart. Drive your right knee to your chest and quickly back down, immediately repeating the action with your left knee. Hold your arms out at shoulder length and keep alternating knees as quickly as you can.
1 min	Funky Monkey Pull Ups	Take the overhand pull up and kick it up a notch. Pitch slightly to the right or left between each pull up to get comfortable with the movement. Now you're swingin'.
2 min	Rapid Fire Quick Feet	Stand with your legs hip-width apart, and start running in place on your toes. Increase your speed so it feels like you're digging into the ground. Every 20 seconds drop quickly to the ground and jump back up to resume Quick Feet.
1 min	Twinkle Toes Balance Series	Stand atop a small medicine ball with both legs. Slowly lower your bum towards the ground to complete a full squat. Make sure your knees are behind your toes.
2 min	Tired Yet? Tire Run	You can prepare for Tired Yet with or without tires. Start by standing on one leg, then shift your weight to the opposite leg. Continue alternating. Keep your butt down, knees high and the pace fast.
1 min	Kiss of Mud Plank Series	Move from low to high plank and keep alternating between the two as quickly as you can.
1 min	Rest	

## CIRCUIT 4: 10 MIN

TIME	WORKOUT	DESCRIPTION
2 min	Running Man Running, Plus Obstacles	We know running in a straight line is boring, but our course is 10-12 miles and you'll need to prepare with some running. The best way to break the monotony is to add in speed work and obstacles--climb that tree, scale the picnic bench, chase dogs. Whatever it takes.

1 min	<b>Dong Dangler</b> Tricep Dips	Get in between two chairs, bars, or if at a gym, a dip machine. Grab each bar or handle with each arm and lower yourself slowly and with control, then push back up. If this is easy, then try exploding off the bar and lifting yourself completely away from your support.
2 min	<b>Swamp Stomps</b> Hand-to-Toe Kicks	Standing upright, contract your core and lift one leg off the ground directly in front of you while simultaneously bringing your opposite hand down to touch your toe. Your hand and toe should meet at a 90 degree angle from your body. Alternate sides.
1 min	<b>Mud Mile</b> Lunges	Stand with your feet and knees together, hands on your hips. Take a large step with your right foot to the right side and lunge toward the floor. Make sure your right knee does not extend past your toes and keep your left leg straight. Place a towel under your lunging foot. It's the MUD mile, Mudders, you'll be sliding. Push off through your right foot to return to the start. Alternate sides. Keep working with the towel side lunge and add weights if you don't feel the burn.
2 min	<b>Island Hopping</b> Leap Frogs	Focus on your leap frog form. Begin by lowering yourself into a low squatting position. Place your feet slightly wider than hip-width apart, bend your knees and lower your bum toward the ground. Continue lowering until your knees are as close to a 90-degree angle as possible. Stay in this position as you jump forward. As you leap, keep your head, neck, shoulders and arms relaxed. When the burn hits remember you'll need to leap 3-5 feet or you'll find yourself submerged in muddy water.
1 min	<b>Balls to the Wall</b> Towel Pull Ups	Find a rope (or tie one to a tree) and start climbing.
1 min	<b>Rest</b>	

## CIRCUIT 5: 10 MIN

TIME	WORKOUT	DESCRIPTION
2 min	<b>King Of the Mountain</b> Mountain Climbers	Start in a high plank position and descend into a push-up. As you lower bring your right knee to your right elbow. Return to high plank and repeat on the left side. Alternate sides and work up to mountain climbing speed.
1 min	<b>Island Hopping</b> Bench Jumps	Stand in front of a bench, chair, or box and using both legs jump onto the object. Make sure to maintain a neutral spine and explode from a squatting position.
2 min	<b>Glacier Ski Jumps</b> Ski Jumps	Ski jump exercises give you overall stability. Stand with your feet together straddling a crack in the sidewalk or folded towel on the floor. Bend your knees and jump to the right as far as you can. Land with soft knees and immediately jump laterally to the left. Repeat.
1 min	<b>Funky Monkey</b> Pull Ups	Take the overhand pull up and kick it up a notch. Pitch slightly to the right or left between each pull up to get comfortable with the movement. Now you're swingin'.
2 min	<b>Mud Skippers</b> Jump Rope	If a jump rope workout is good enough for Rocky, it's good enough for you. Start with the standard jump by pushing off the ground evenly, with both feet. Work up to the running jump rope and then double jumps.
1 min	<b>Everest</b> Slippery Mountain Climbers	Find a wooden floor or flat surface and place your feet on two washcloths or a folded hand towel. Assume a high plank position and pull BOTH legs in towards your chest at the same time and then push them back out to resume the plank position. Repeat and build up speed.
1 min	<b>Rest</b>	

## COOL DOWN: 5 MIN

30-second slow roll-down to touch toes, 30-second roll-up back to standing. Stretch your quads, back, shoulders, arms (whatever needs it). Sit on the ground with your legs up on a wall (your butt is flush against the wall) for 2 minutes.