



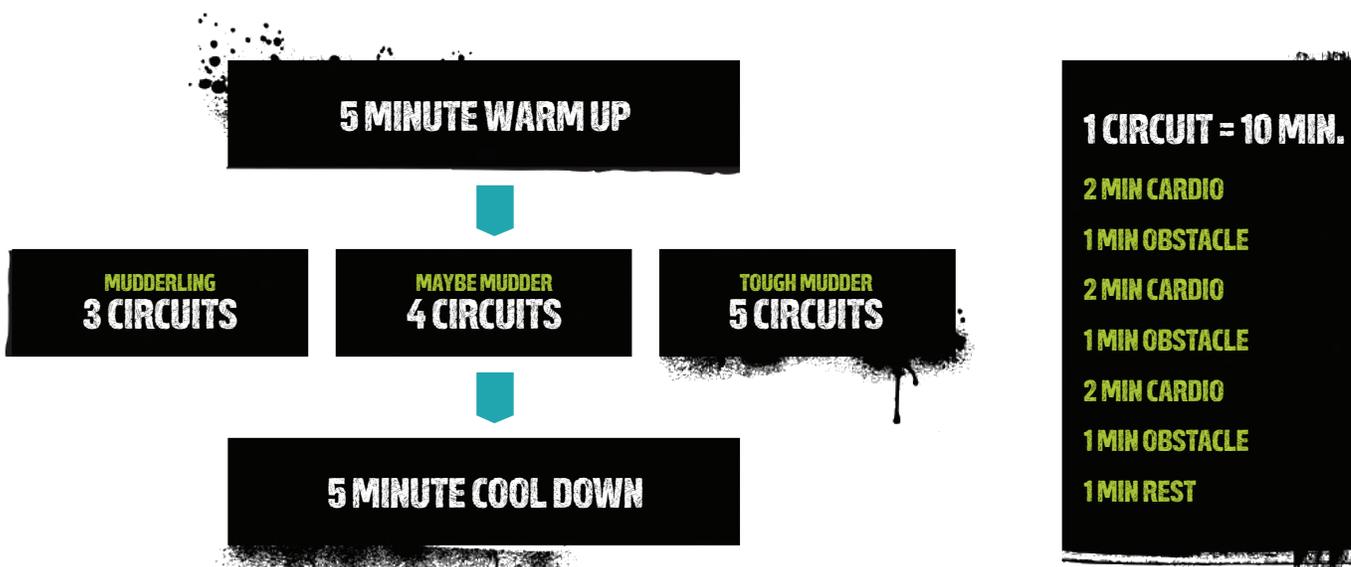
MUDDERLING BOOT CAMP

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 Mudderling level, you should strive to complete this Boot Camp three times per week and work out on two 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: 40 minutes

Recommended Equipment:

- Towel
- Pull-up Bar
- Dumbbell/Weight/Kettlebell
- Box/Bench

Advancing Levels:

As soon as this Boot Camp feels relatively comfortable, you should advance to the Maybe Mudder level. Take rest as needed for your fitness level. We recommend one minute 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 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. If you can't get your chest to the ground, then drop to your knees.
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.
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 keeping your upper body still, draw one knee in at a time towards your hands, moving as quickly as possible. If you're on carpet you can often complete the exercise with sheets of printer paper under your feet.
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. Start with a 5-pound weight and increase.

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.
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	Keep it old school: hang from a bar with an overhand or underhand grip and pull yourself up. Try touching your chest to the bar, or get as close as you can. If you can't do a full pull up, start with arm hangs.
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	Practice this on the side-walk, or draw a plus sign on any surface. Stand on one leg and hop clockwise to each quadrant. After one rotation begin hopping counter-clockwise. Switch legs.
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	Low plank exercise. Lie face-down and prop yourself up on your forearms. Your hands should be parallel, and your forearms should go flat and straight out. Hold it. Keep holding.
1 min	Rest	

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.