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**Josh Saunders**

[www.thebootcampeffect.com](http://www.thebootcampeffect.com)

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**RK Healing Through Movement**

#199 19567 Fraser Highway

Surrey, BC V3S 9A4

E-mail: [support@ExercisesForInjuries.com](mailto:support@ExercisesForInjuries.com)

Webpage: <http://ExercisesForInjuries.com>

Phone: (888) 291-2430

Fax: (604) 677-5425

**Exercise Considerations**

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Consult with a physician before beginning the exercises in this book. A physician can determine which exercises are appropriate for you or your clients, and if any should be avoided or modified.

**Disclaimer**

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***UBD – Bootcamp Edition*** - is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect your client has a health problem, please have him or her seek the services of a physician or healthcare professional.

Exercise is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in exercise and exercise prescriptions are inevitable. The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. However, in view of the possibility of human error or changes in exercise science, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

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Hey guys!

### **Why do we warm up?**

Injury prevention, mental focus, joint lubrication, time killing (all are true, except the last)...Oh no wait, time killing is actually a legitimate concern for many individuals, thus: The Ultimate Upper Body Dynamic Workout, affectionately known as: UB Dynamic, was created.

As someone responsible for overseeing the training programs for over a hundred individuals each week, you could say I have spent my time in the trenches, and in my "test kitchen" if you will, on what works and what doesn't in terms of a dynamic warm up.

### **How do I know these exercises work?**

Well, my clients are getting stronger and incurring less upper body injuries (most of my members attend bootcamp 3-6x/week), and with the amount of high intensity interval training they do, we need to get those bodies loose!

This upper body warm up is backed by science, and is a great space saver and alternative to your typical cardio warm up! Not only will you be warm, but your long term flexibility will increase. I would recommend using this warm up on any upper body workout days for healthy individuals. And don't forget, even though I have not included any foam rolling in this warm

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up, I highly encourage you to get on the foam and hit pec-minor, latissimus dorsi, and the thoracic spine before you begin your warm up.

Here's the itinerary. Turn on some tunes that make you move. Pump that adrenaline, and make some space. This warm up can be done anywhere as it completely relies on bodyweight, so it can even be done in crowded gyms. Focus on range of motion and remember: there's no need to kill yourself, just get your body warm, so you can kill yourself later during the meat and potatoes of your workout.

You're warm, now go get 'em,

**Josh Saunders**, BSc, CSCS

The Bootcamp Effect

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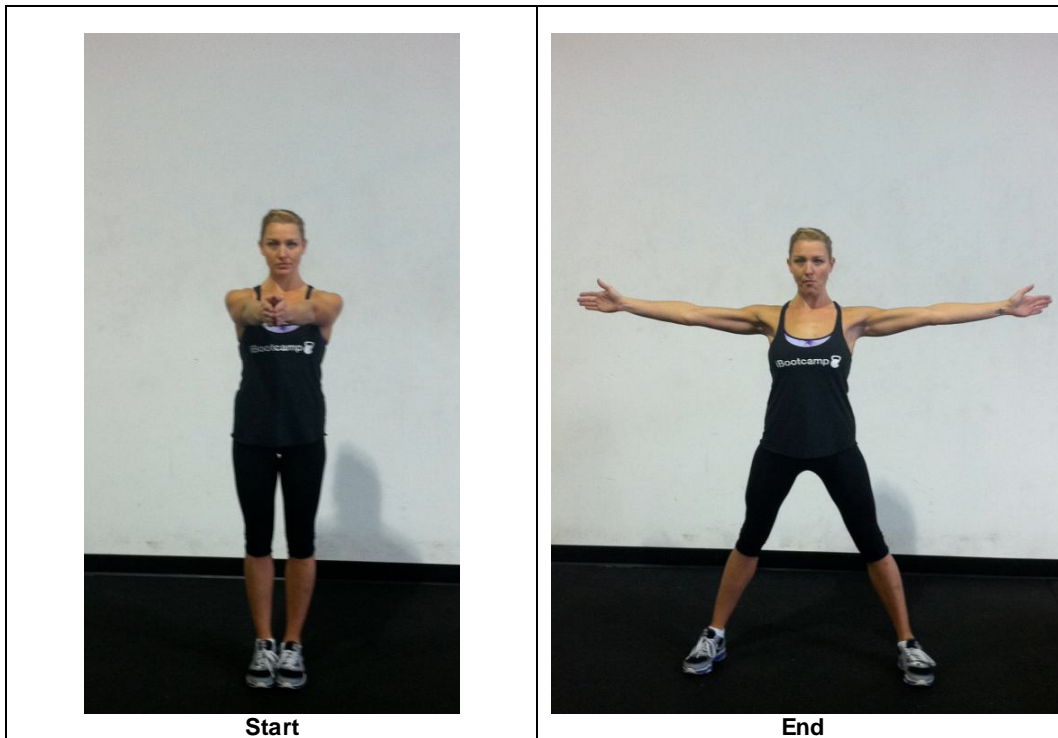
### EXERCISE 1: Jumping Jacks



Jack complex (30 seconds)

- jumping jacks: 15 seconds/seal jacks: 15 seconds (see exercise 2)
- activates shoulder complex
- full range of motion - complete those claps!

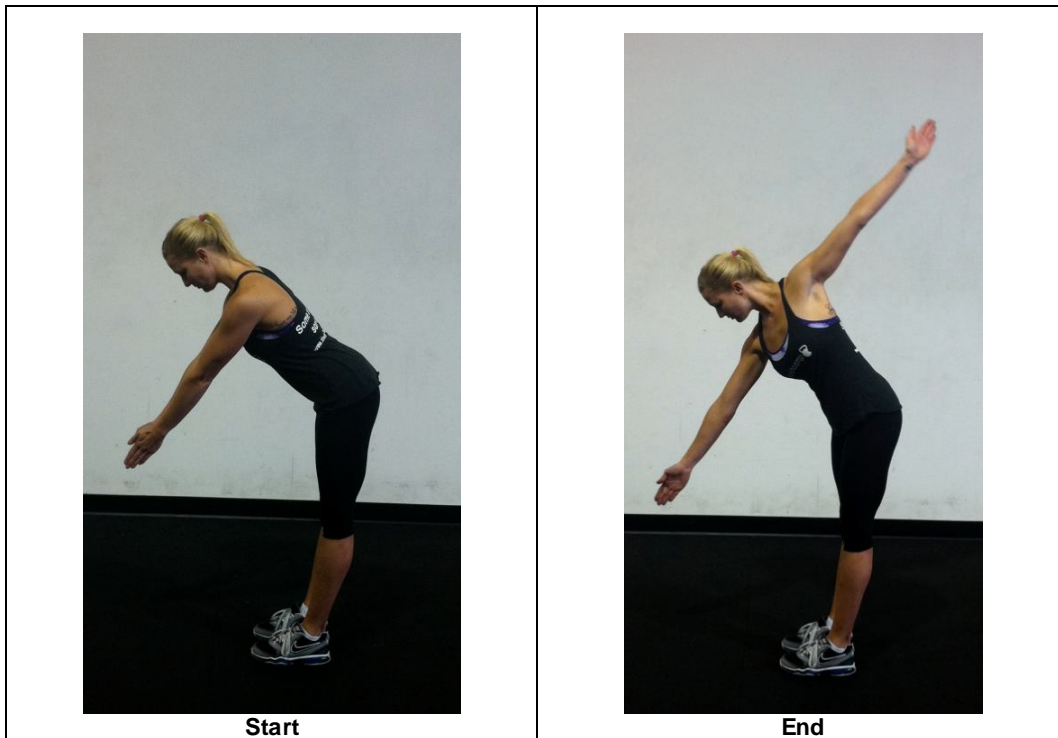
## EXERCISE 2: Seal Jacks



### Jack complex (30 seconds)

- seal jacks: 15 seconds
- activates shoulder complex
- focus on squeezing the shoulder blades and relaxing the upper traps during the seal jacks
- full range of motion - complete those claps!

**EXERCISE 3: Bent Over T3's**

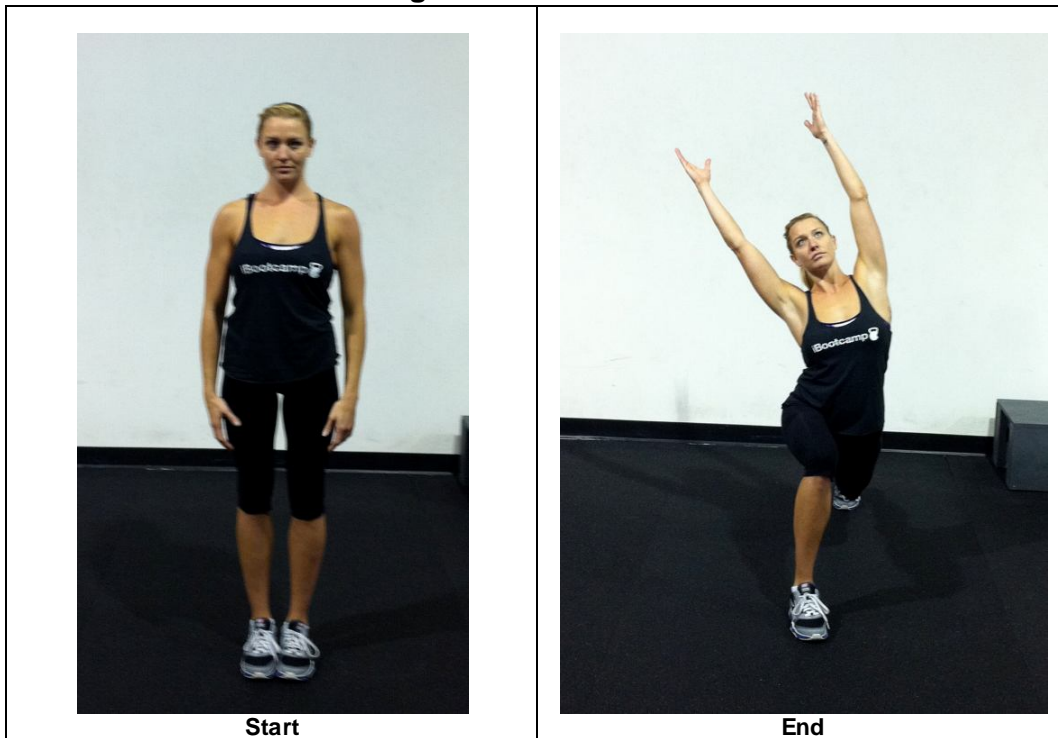


Bent over T3's (30 seconds)

- chest up, back straight
- flex at the hips and slightly at the knees
- stretches out upper back and chest



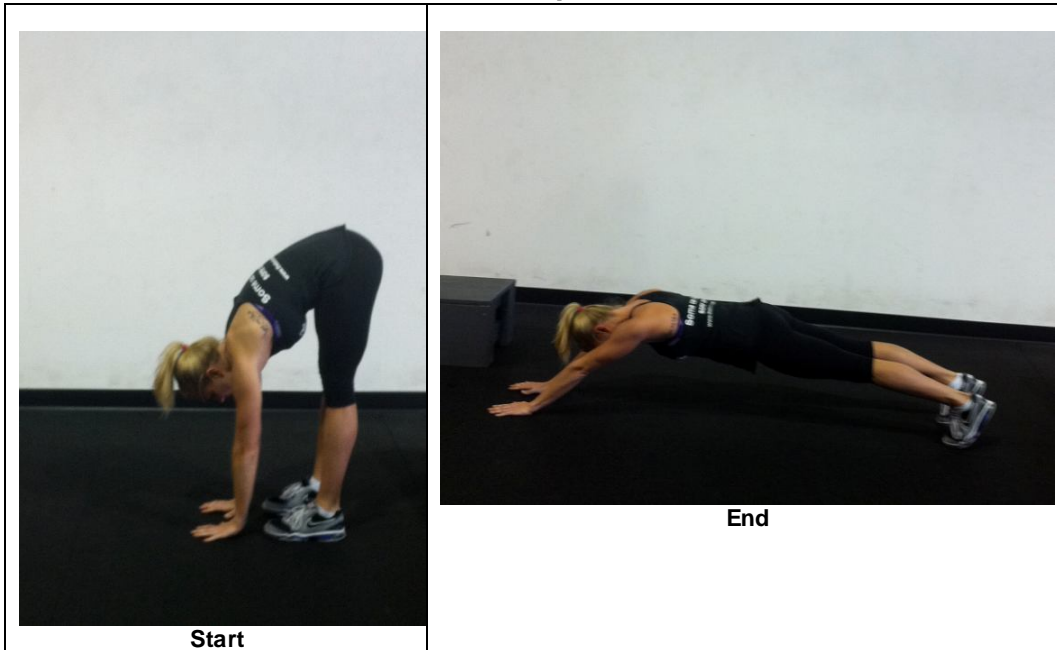
#### EXERCISE 4: Reverse Lunge with Reach



Reverse lunge with reach (30 seconds)

- butt tight, abs tight to prevent lumbar extension
- reach to the side as much as possible while staying balanced
- stretches out the lats and obliques, as well as warms up shoulder during shoulder flexion

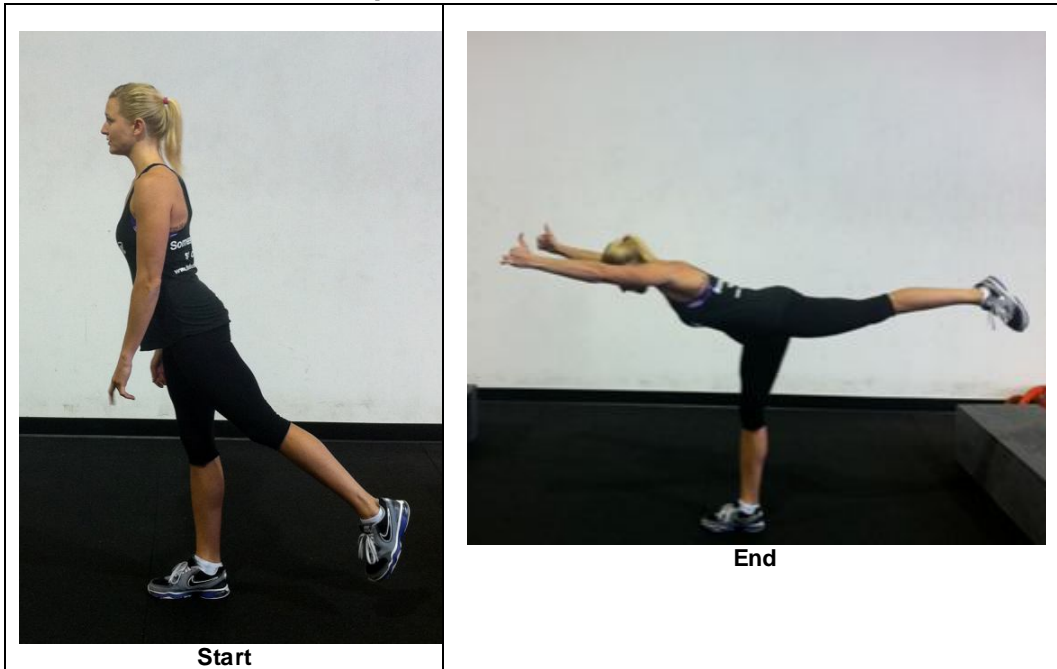
### EXERCISE 5: Inchworm with Push Up



#### Inchworm with Push Up (45 seconds)

- warms up the shoulders, triceps, chest, lower back, hamstrings, calves
- total body coordination

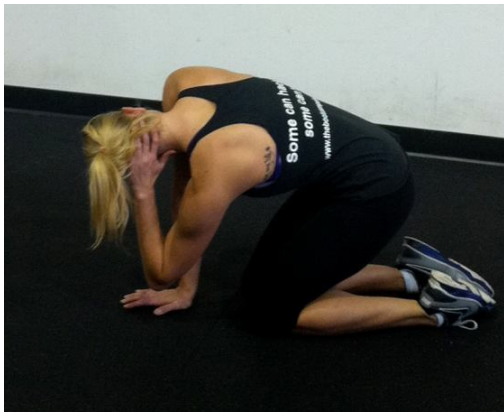
**EXERCISE 6: Thumbs Up**



**Thumbs Up (40 seconds)**

- 20 seconds each side
- relax the upper traps
- warms up the shoulders,
- lower body flexibility/stability
- stay on one foot for 20 secs
- only go as high with the arms as you can without shrugging
- activates middle and lower traps to balance out the overactive upper traps

**EXERCISE 7: All 4's T-Spine Rotations**



**Start**



**End**

All 4's T-Spine Rotation (30 seconds)

- 15 seconds each side
- hand behind head
- elbow back to open up the chest
- thoracic spine mobility
- eyes follow elbow

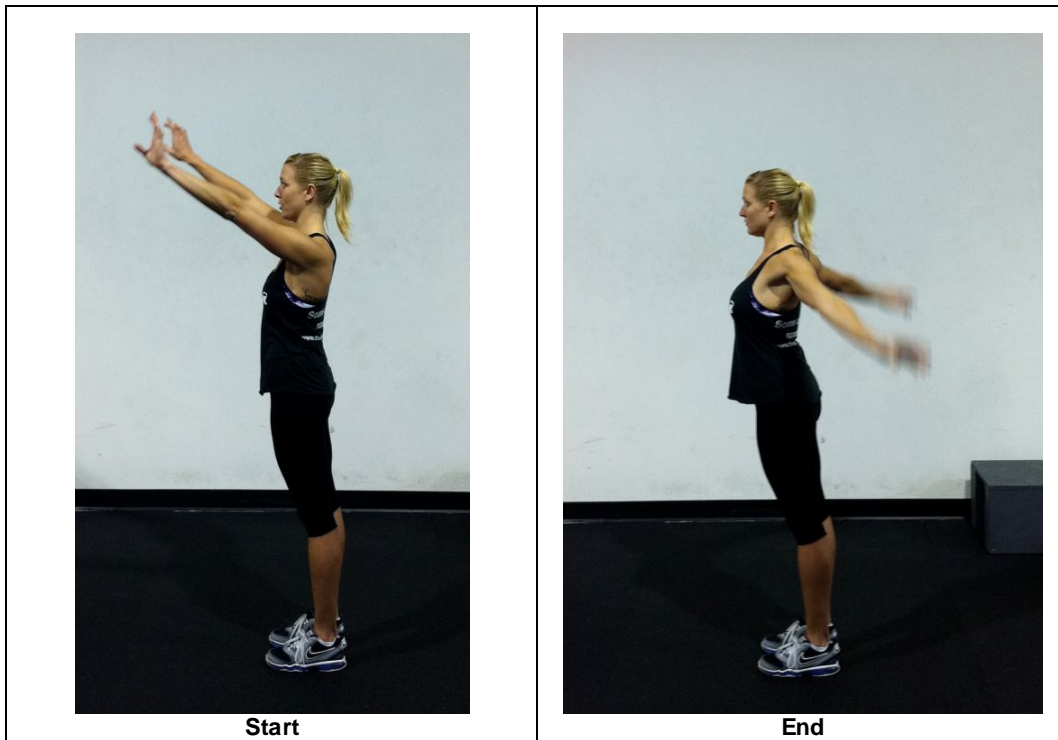
### EXERCISE 8: No Money



#### No Money (15 seconds)

- external rotation at the shoulder joint
- best against a wall
- keep elbows in tight, as if squeezing a newspaper
- only go as far as your flexibility; don't force it

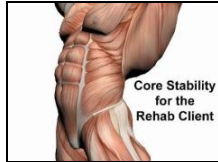
**EXERCISE 9: Arm Circles**



Arm Circles (20 seconds)

- 10 secs forwards, 10 secs backwards

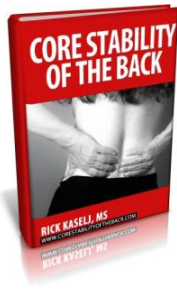
## Other Products from Rick Kaselj



### Core Stability for the Rehab Client DVDs

Core stability muscles assist in stabilizing the lower back and pelvis; when ignored they weaken, and the risk of lower back and pelvis related injuries increase. This course will cover anatomy of the core and introduce functional core exercises which focus on strengthening core muscles and stabilizing the lower back and pelvis. - \$89.00 for 3 DVD set

For more information visit - <http://exerciseforinjuries.com/core-stability-for-the-rehab-client/>



### Core Stability of the Back

The Core Stability of the Back program is for the back pain sufferer who wants to get their back onto the road of being pain-free. Core stability muscles play an important role in all activities of daily living. They enable us to perform the simplest of activities and help us maintain good posture. When ignored, core stability muscles become weak and the risk of lower back pain and instability increases. In the Core Stability of the Back program you will get an easy to follow program that you can do anywhere and will help you on your way to a pain-free back. In the Core Stability of the Back book you will learn about the key muscles of the core, how to locate these muscles in the body, how to activate them and an effective program to create a strong and stable back.

- \$19.95 for physical book



### Core Stability of the Back - Home Program -

The complete Core Stability of the Back program is for the back pain sufferer who wants to get their back onto the road of being pain-free. Core stability muscles play an important role in all activities of daily living. They enable us to perform the simplest of activities and help us maintain good posture. When ignored, core stability muscles become weak and the risk of lower back pain and instability increases. In this home program you will get the Core Stability of the Back book plus a home DVD, audio workout and audio book. The Core Stability of the Back program provides you with an easy to follow program that you can do. In the Core Stability of the Back book you will learn about the key muscles of the core, how to locate these muscles in the body, how to activate them and an effective program to create a strong and stable back.

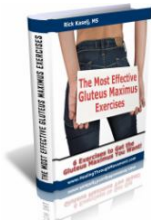
- \$54.95 for physical book, DVD and CD



### Your Stability Ball Exercise Guide

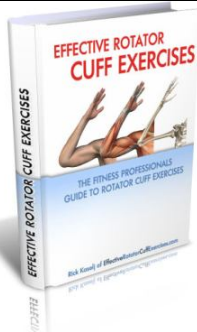
You bought a stability ball, now what? This guide will take you through 23 exercises that target your legs, chest, back and abdominals. The guide includes two stability ball workouts you can follow based on your fitness level and a stretch routine you can do with the stability ball.

- \$9.95 for eBook or \$19.95 for physical book



### **Most Effective Gluteus Maximus Exercises**

A common area that people want to exercise is their gluteus. There are a number of common exercises people do but recent research has determined which gluteus exercises are the most effective. This guide will help you learn about the most common gluteus exercises and which ones are the most effective in working your gluteus maximus, hamstrings and gluteus medius. - \$9.95 for eBook or \$19.95 for physical book



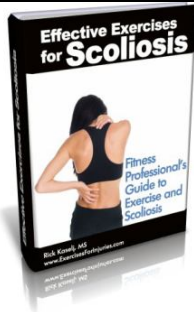
### **Effective Rotator Cuff Exercises**

- Fitness Professional's Guide to Rotator Cuff Exercises -

Rotator cuff injuries are the most common shoulder injuries fitness professionals will face. Exercise is recommended by physicians for people with rotator cuff injuries and therefore it is vital for the fitness professional to be educated and prepared to work with these clients. Exercise can help safely alleviate pain, decrease stiffness, increase range of motion, and improve rotator cuff strength. Gain a comprehensive understanding of rotator cuff injuries, how to design an appropriate exercise program for your clients with a rotator cuff injury and discover the most effective exercises for the rotator cuff. If you are ready to increase your confidence working with clients with rotator cuff injuries, would like to understand how to safely train clients with rotator cuff injuries and empower yourself with the best exercises to help your clients with rotator cuff injuries, then Effective Exercises Rotator Cuff Exercises is a must for you.

For more details visit - <http://effectiverotatorcuffexercises.com/>

\$77 for digital manual / \$97 for physical manual



### **The Most Effective Exercises For Scoliosis**

- Fitness Professional's Guide to Exercise and Scoliosis -

Exercise is recommended by physicians for people with scoliosis. With more people with scoliosis leaning towards exercise to help improve their condition, it is vital for the fitness professional to be educated and prepared to work with these clients. Exercise can help safely alleviate pain, stiffness, de-conditioning, and muscular weakness associated with scoliosis. Gain a comprehensive understanding of scoliosis, how to design an appropriate exercise program for your clients with scoliosis and discover the most effective exercises for scoliosis. If you are ready to increase your confidence working with clients with scoliosis, would like to understand how to safely train clients with scoliosis and empower yourself with the exercises to help your clients with scoliosis, then Effective Exercises for Scoliosis is a must for you.

For more details visit - <http://effectiveexerciseforscoliosis.com/>

\$77 for digital manual / \$97 for physical manual

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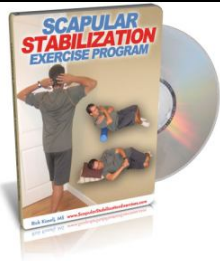
Interested in receiving over \$299 worth of fitness education information?

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## Ready-to-Download Presentations from Rick Kaselj



### Scapular Stabilization Exercise Program

Shoulder injuries lead to pain, prevent people from doing the things they love and make life's simple tasks challenging. Many will learn strength exercises to help them recover from their shoulder injury, but too often these exercises will lead to slower recovery from a shoulder injury. What needs to be done before strengthening the shoulder is activating, building endurance and strengthening the scapular stabilization muscles. Adding this one step will speed up the recovery from a shoulder injury and prevent re-injury of the shoulder.

For more details visit - <http://ScapularStabilizationExercises.com/>



### Exercise and Plantar Fasciitis

The role of exercise to treat plantar fasciitis is vital in helping shorten recovery time, decrease pain, and decrease the risk of reoccurrence. Creating an action plan on what to do if symptoms return is also important for the plantar fasciitis sufferer. The focus of the plantar fasciitis and exercise webinar will be exercise program design for clients who have plantar fasciitis.

For more details visit - <http://exerciseforinjuries.com/plantar-fasciitis-exercises/>



### The Most Effective Rotator Cuff Exercise Program

After the back, the second most common injury a fitness professional will encounter is the shoulder. Most times shoulder injuries directly and indirectly involve the rotator cuff. When fitness professionals hear that their client has a rotator cuff issue, they end up focusing on strengthening. Strengthening is important for your rotator cuff clients but it is only one part of an effective rotator cuff conditioning program. The fitness professional must address all five areas of a rotator cuff conditioning program in order to fully rehabilitate the rotator cuff. If not, they will only band-aid the injury and not fully help their client overcome it. In this webinar, fitness professional will learn how to avoid common rotator cuff exercise mistakes, the 5 components of a rotator cuff conditioning program and exercises to help their client's rotator cuff injury.

For more details visit - <http://exerciseforinjuries.com/rotator-cuff-conditioning-exercises/>



### Corrective Exercises for Running Injury-Free

Running is one of the most popular recreational activities among adults but most will have to stop due to an injury. Along with a solid running program that prevents over-training, there are a number of key exercises that must be included in a recreational runner's program in order to be injury-free. In the corrective exercises for running injury-free webinar, the fitness professional will learn a comprehensive list of assessment techniques and exercises to keep their clients running injury-free.

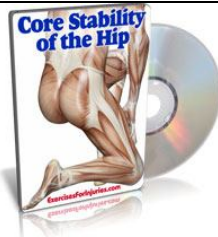
For more details visit - <http://exerciseforinjuries.com/running-corrective-exercises/>



### **Exercises for Prevention, Rehabilitation & Overcoming Knee Injuries**

The knee is the focus of an exercise program when it is injured but often ignored any other time. More and more research has shown that the goal of the client should determine the knee exercise program compared to the presence or absence of injury. If your client's exercise goal is prevention of knee injuries, their exercise program should differ from that of a client recovering from a knee injury. If the client has had a knee injury and would like prevent a future knee injury, here is an exercise program that focuses on overcoming knee injuries. It is important that the fitness professional know which exercises and exercise programs are best for their client depending on the goal of the client. In this exercise and knee injury webinar, fitness professionals will learn three different knee exercise programs to help their clients who want to prevent a knee injury from occurring, to rehabilitate a knee injury and overcome knee injuries by preventing them in future.

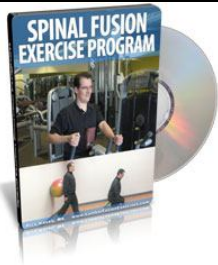
For more details visit - <http://exerciseforinjuries.com/acl-injury-exercises/>



### **Core Stability of the Hip**

In this video presentation, fitness professionals will learn a progressive exercise program that they can use with their personal trainer and group fitness clients to improve core stability in the hip, and prevent and recover from back, hip and knee injuries.

For more details visit - <http://exerciseforinjuries.com/hip-injury-exercises/>



### **Lower Back Spinal Fusion & Exercise**

In many situations, a lower back condition can lead to lower back spinal fusion surgery. It is estimated that 126,000 spinal fusion surgeries occur each year in the US and since 1996 the number of surgeries has increased 116%. The group that has had the greatest increase in lower back spinal fusion are adults over 60. Lumbar compression fractures, spinal deformities, spondylolisthesis, lumbar instability, disc herniation and degenerative disc disease are common conditions that can lead to lower back spinal fusion. A key component in the recovery from lower back spinal fusion surgery is exercise. The role of exercise after spinal fusion is important in speeding up recovery, strengthening the muscles supporting the vertebrae and improving the endurance of core stability muscles. The focus of the spinal fusion and exercise webinar will be exercise program design and exercises for a client who has had a lower back spinal fusion.

For more details visit - [http://exerciseforinjuries.com/lumbar\\_fusion\\_exercises/](http://exerciseforinjuries.com/lumbar_fusion_exercises/)

### **Upcoming Webinars**

- Exercises for Shoulder Impingement
- Exercises for Shoulder Dislocation

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Interested in receiving a Shoulder Injury Guide?

Visit [www.ExerciseForInjuries.com](http://www.ExerciseForInjuries.com)

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