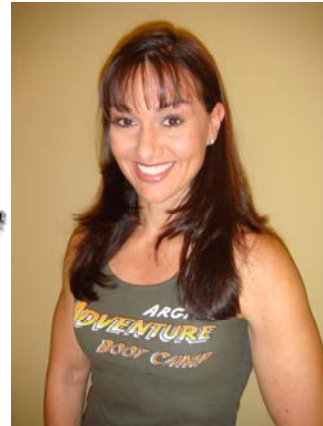


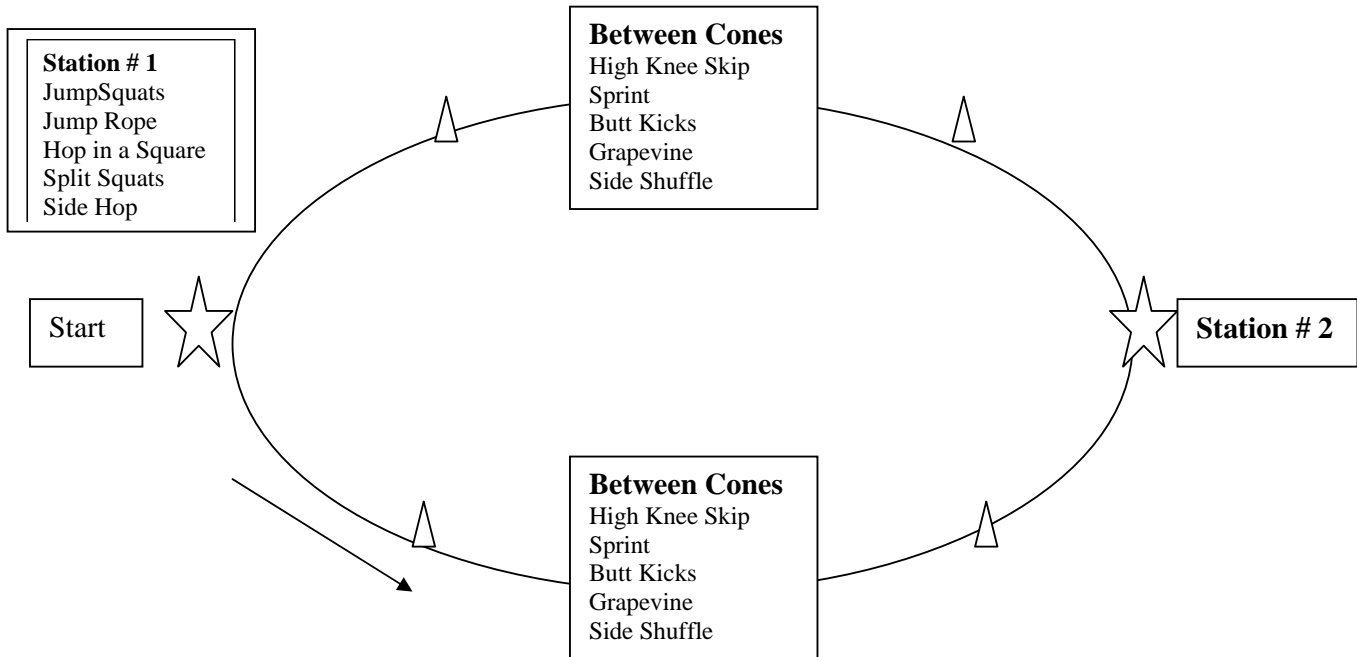
# 100+ Fun & Functional Boot Camp Drills, Games, Obstacle Courses, Circuits and More

By Kelli Calabrese MS, CSCS  
International Master Trainer

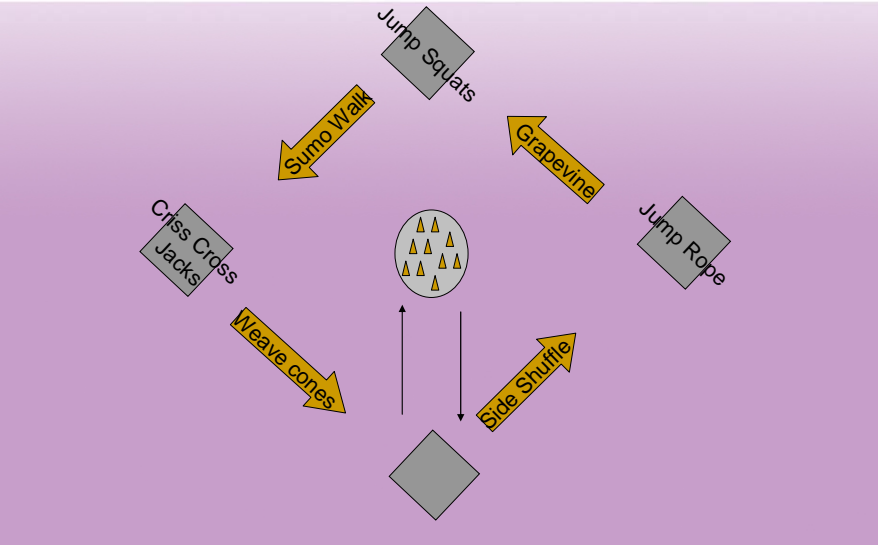
**ADVENTURE  
BOOT CAMP**



Set up Cones on the long sides of a track to signal the stop and start of an exercise and then on the short sides of the track have one station for an exercise. Repeat the same exercise at station # 1 and # 2. They complete a difference each of 5 laps.



# Baseball Diamond



## About the Author



Kelli Calabrese is a Clinical Exercise Physiologist, fitness industry leader and spokesperson. She is the Master Facilitator for Adventure Boot Camp and the coach of Argyle Boot Camp. Kelli has been a personal trainer, group fitness instructor, nutrition consultant and lifestyle advisor for over two decades. She has transformed thousands of bodies and lives and is the author of *Feminine, Firm and Fit*. Kelli is an international presenter and consulted for clients such as Calvin Klein Cosmetics, Nabisco, BASF, Campbell's, Smuckers, Glaxo Smith Klein and others. Kelli was the lead fitness expert for eDiets and eFitness and was the editor of *Personal Fitness Professional Magazine* for over 3 years. Kelli has attained 24 fitness, nutrition and lifestyle certifications. She owned and operated health clubs for 14 years and has prepared over 3,000 candidates to become ACE certified fitness professionals. She is committed to providing fitness trainers with the tools to best serve their clients with the highest levels of excellence and integrity and to attain a high level of prosperity as a professional.