

BOOT CAMP PRO WORKOUTS



Focus: Cardio ★★★★★ Strength ★★★★★

Equipment: Cones, Timer

Set up: As per diagram.

Warm-up: 8 minutes

Campers line up in two groups at either end of cones in pairs (one at 1st line the other at 3rd line.)

Partner 1 Runs and tags Partner 2 at which time Partner 2 starts running length and back, continue tagging each other for 8 minutes.

While Camper is waiting to be tagged trainer to call an exercise such as Push ups, **Burpees**, **Side Ski**, etc.

Exercise one: Cardio Pairs (see diagram)

Round 1 – Total 4 minutes (2 minutes each person) - Working in partners – Partner1 throws 2 cones and Partner 2 has to run, pick up and hand back, this is fast and continuous. Swap

Round 2 – Partner1 starts on 1st line of cones Partner 2 on 3rd line facing each other, both do **High Knees** at start, Trainer shout NOW, Campers have to run to center cone (15 meters) and do **Power Jacks** then on command NOW run back to starting point continuing with **High Knees** again, time reduces each time in center. Repeat for 3 minutes.

Round 3 – Line sprints using same set up, Campers all start on same side sprint to far line of cones (3rd line) and Jog back to 1st line of cones – recover 30 seconds but keep them moving on the spot. Repeat but this time sprint twice the distance up and back twice to 1st line and recover for 30 seconds. Repeat with 3 sprints and recover 30 seconds keep going up the 5 continues sprints which is a 75 meter sprint and rest 1 minute recovery. Essential that they sprint at rate of at least 8-9 Perceived rate of exertion **NOTE: (Up and back is counted as 1 sprint).**

Note: If Campers not tired continue the sprints past 5.

Exercise two: Same as above but Lunge to center line (15 meters) and sprint the rest of the way return with backward **High Knees** to center line turn and sprint back. Repeat through until tired up to 5 times.

Exercise Three: Cardio Game

Break participants into 2 teams. Split each team into 2 groups and place groups opposite their other team group as per above diagram. 1 person from each group runs to far line of cones and back and picks up 2nd person in team, linking arms they both run to cone and collect 3rd person and so on. 1st team to collect all group members in team wins. (Have those waiting in line hold a Plank position 45 sec, 45 sec Quick Squats or 45 sec Crunches; keep reducing time until all through).

Exercise Three: Ab's set

Crunches – 30 sec – **Straight Leg Russian Twist** – 1 minute – Crunches 30 sec
Crunches with legs to Left side working oblique's again – 30 sec – Alt Oblique Twists center 1 min – Right Side Crunches 30 sec

Legs Lifts (lying on back support lower back with rolled up towel if needed) – 10 cm of floor, hold for 10 sec – lift further 10 cm – hold for 10 sec, and again and repeat on way down. Repeat this sequence with **Flutter Kicks** or Scissor Legs (crossing horizontally instead of vertically).

Recover and Stretch

