

# BOOT CAMP PRO WORKOUTS



**Focus:** Resistance

**EQUIP:** Cones, Timer, DB's & Large Space

**Set up:** Large Square – See Diagram

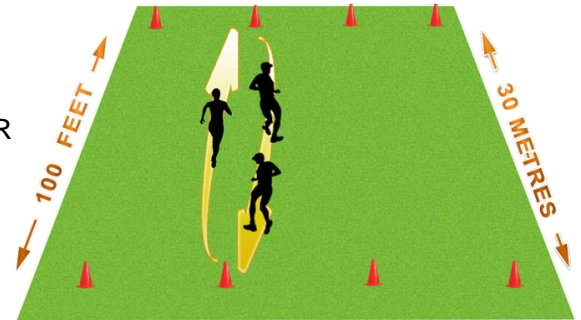
**Warm-up:** Move in same direction for 10 minutes.

Jog to far cone – **Side Shuffle** back facing same direction (R or L) to start then repeat **Side Shuffle** facing the other way (R or L) to work the other leg.

Jog to far cone – Reverse or backwards run to start line and repeat.

Jog to far cone – Sprint back to start.

Repeat 3 times.



## **Exercise one:** Strength Running **20 min**

Campers working with dumbbells and don't let them put them down while working for entire 10 min interval. Need a large area to work in.

**1<sup>st</sup> 10 min** - Walking with Dumbbells above head 1min – 1 min **Dumbbell Squats** – 1min Side Raises – Jog with Dumbbells at sides 1min – 30 sec Right Leg Lunges or Iron Mikes – 30 sec Left Leg Lunges – 1min **Squat Front Raises** – Power Walk with Alt **Overhead Dumbbell Punches** 1min – 1min **Dumbbell Touch Squat** – 1min Alt Lunges with Hammer Curls – Jog with Dumbbells resting at chest height or by side – **DROP DUMBBELLS Rest.**

**2<sup>nd</sup> 10 min** – **High Knees** with Dumbbells up high at chest level 1min – 1min Bottom Half **Pulsing Squats** (5 x pulse keep low) 30 sec Right Leg Pulsing Lunge – 30 sec Left Leg Pulsing Lunge – 1min **Traveling Jump Squats with Hammer curls** – 1min **Overhead Dumbbells Punches** 1min – **Six Count Shoulder Flys** 1min – **Side Lunges** 1min – **Gut Busters** 1min (can drop one dumbbell) **Knee Up/Downs** 1min **DROP DUMB BELLS Rest.**

## **Exercise Two:** Strength Training **15 min** Focus is on technique

Camper completes Leg Set for a total of 3 rounds before moving on to 3 rounds of core set. During first round each exercise goes for 15 reps followed by rest for 30 seconds – Second round 12 reps & third round for 8 reps. Same for Core set.

**Leg Set** Reverse Lunges with Upright Dumbbell Row – **Dumbbell Push up back Row** – **Clean and Press** – **Dead Lifts.**

**Core Set** Crunches with Dumbbell on chest – **Dumbbell Russian Twists** (one Dumbbell on end) – **Dumbbell Wood Chops** – Dumbbell Oblique Slides (slide dumbbell down side body to knee and back up again).

## **Exercise THREE:** Team Race

Break into 2 equal teams and place mats at one end of oval and cone at 15 meter mark. Campers start by lying on their mat in a Plank position on Instructors call they run to their cone (like a race) do 2 Squat Jumps then return to their mat. This time Campers must fully lie down before running again. Repeat until everyone has completed 20 **Jump Squats**. The winning team gets to relax while losing team holds a Wall Squat position for as long as possible.

## **Recover and Stretch.**