

BOOT CAMP PRO WORKOUTS

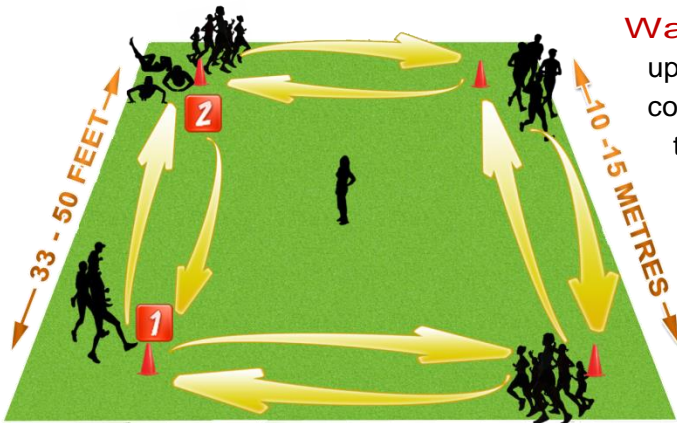


Focus: Cardio ★★☆☆ Strength★★★★

Equipment: Cones, Large Area, step or low bench.

Set up large square circuit – you will need a step or bench down one corner.

Groups will be doing travelling exercises from a starting cone to a 2nd cone.



Warm-up: Shuttle Runs between cones – Split up into 4 equal groups. Start each group at a corner cone to perform exercise and then run to the opposite cone, perform exercise and run back.

Set 1. From starting cone Jog to next cone and complete 2 Push Ups, return with a slow Jog back to starting cone and complete – 4 **Jump Squats** – Continue back and forth going up in reps doing 6 Push ups, return with 8 **Jump Squats** go up in 2's switching

between the 2 exercises. When reps get to 10 change exercise to 2 Jump Jacks (star jump) – 4 **Burpees** – returning to cone by completing Backwards **High Knees** and going up to 10 reps of each new exercise.

Set 2. Groups shuttle run between cones. Every 30 seconds call out “Drop” and have Campers drop to Plank position and hold until you say “go”. Continue for 3 minutes.

Exercise one: Split whole group in to four smaller groups and place each group on to a station. Each exercise goes for 90 seconds then they have 30 seconds to move to the next station (and rest) moving clockwise to next station.

Circuit #1 Lower Body Work

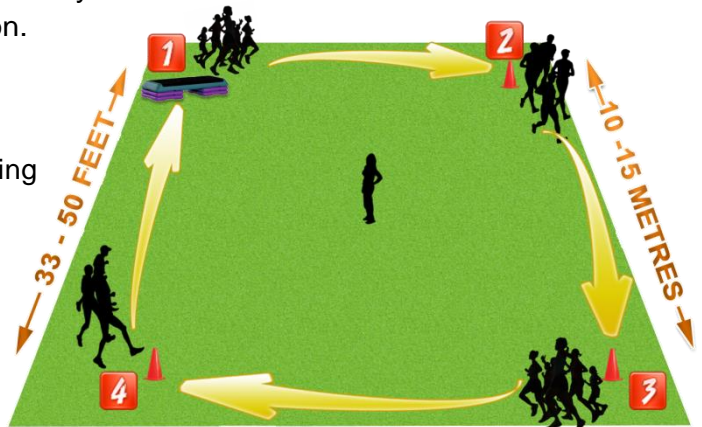
90 seconds each station before changing.

Station 1 – Alt Leg Step ups with Dumbbells using bench or bottom step of stairs **NOTE:** For the fitter Campers have them push Dumbbells overhead.

Station 2 –Traveling Lunges with Side Dumbbell Touchdowns after each 2nd Lunge so Lunge L & R leg and touch dumbbells to the ground one side at a time (aim to get dumbbells as close to touching the ground as possible).

Station 3 – Squats Dumbbells on shoulders slow 3 counts down and fast up – (squeezing bottom on the way up).

Station 4 – Alternate Lunges with Dumbbells every 4th Lunge complete a **Split Jump Lunge** low for one count.



Circuit # 2 Cardio Circuit. Group campers of same fitness levels. Change over after 90seconds.

Group 1 – Circuit or Oval Run 90 seconds (keep them close so they can here you call back)

Group 2 – Wall Hold (pole or back to back if no wall available) for as long as possible keep going on and off up to 90 seconds

Group 3 – Stair Runs (or Hills if no stairs) 90 seconds

Group 4 – Hold a Plank for as long as possible



Circuit # 3 Upper Body Work

Station 1 – 6 Count Shoulder Flys with Deltoid Rotation **1.** Start with one Regular fly **2.** Rotate forward and up so your elbows palms are facing away from body hands parallel with the face **3.** From here push arms down so that palms face towards the ground. **4.** Bring elbows together in line **5.** Repeat a regular Fly **6.** Repeat.

(If too hard simply do a 3 count down and up standard Fly's for 8 reps followed by 8 Shoulder Overhead Punches and continue 90 seconds).

Station 2 – Punching with Dumbbells Walk around the outside of groups and punch straight out front keeping Dumbbell's up at Shoulder height at all times.

Station 3 – Triceps – Lying on back on ground (knees bent and back pushed into ground) hold Dumbbells up over chest both Dumbbells are together and the starting point is straight arms in line with chest. Keep elbows tucked in, start 3 second count down keeping weights together but not touching and explode up (keep elbows tucked in two sides and the aim is to bring the elbows down to belly button).

Station 4 – Tricep Dip on bench (can do tempo with them 3 count down and up) at half way point 45 change to **Push ups** for last 45 seconds continuous.

Circuit # 4 Lower Body Work

Station 1 – Toe Taps 45 seconds each leg (Start on top of bench keeping one foot up at all times and tap other foot down and up and repeat with other side).

Station 2 – Travelling Squats - Dumbbells on Shoulders 45 seconds each side (If they want to work harder can do Shoulder press or Front Raises at the same time).

Station 3 – Traveling Jump Squat Forward strong big jump and 3 small back.

Station 4 – Burpees or Body Builders (burpee with pushup in between.)

Recover and Stretch