



Focus: Cardio Program (using a step or bench). The objective today is to sweat.

Cardio ★★★★★ Strength ★★★★★

Equipment: Cones, Steps or Bench. Skipping ropes. Dumbbells. Sports oval/large marked area.

Warm-up:

See how many laps of the oval/area they can do in 5 minutes. Get camper to count own laps and in a future class get them to beat their own personal best time.

Interval skipping 30 skips 5 sec rest x 10

Sprints – walk back x 10

Exercise one: Sweat Challenge

(Dumbbells & Step needed)

Sweat challenge 1

10 **Dumbbell Wood Chops** Left side

10 **Dumbbell Wood Chops** Right side

10 Step Ups or **Step Jumps** on bench/curb/stairs

Repeat for 5 mins

Recover 2 minutes before next set

Sweat challenge 2

10 **Jump Squats** – Camper squatting deep & controlled.

10 Step Ups wide leg (V step)

Repeat for 5 minutes

Recover 2 minutes before next set

Sweat challenge 3

10 Mountain Climbers or **Squat Thrusts**

10 **Split Jump Lunges** or **Switch Foot**

Repeat for 5 minutes

Exercise Two: Cardio Set – Campers Start with 20 reps of each exercise then reducing reps down by 2 reps until they reach the end.

1. Shuttle Runs (At least 25 meter run)
2. **Jump Squats**
3. Push Ups
4. **Triceps Dips**
5. Iron Mikes (Alt Forward Lunges)
6. Star Jumps
7. **Tuck Jumps**
8. **Knee Up/Downs** (Alt legs each time)
9. Mountain Climbers
10. **Plank Hip Splits**
11. **V Sit Pull Backs**
12. **Burpees**
13. **Chair Lift**

Recover and Stretch