

BOOT CAMP PRO WORKOUTS



Focus: All Rounder Resistance/Cardio Circuit

EQUIP: Cones, Large space

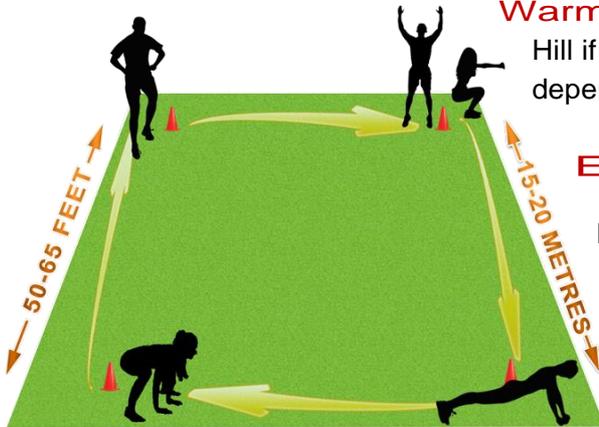
Set up: See diagram

Warm-up: Take them for an 8 minute run including a Hill if possible adding in some Hill Lunges and Hill sprints depending on individual's fitness levels.

Exercise one: Cardio Drill 15min

Have a large square marked out with cones

Campers start by running up one side of square and when they reach a corner they must do the correlating exercise. Have everyone place their towels at bottom left corner for Push ups.



Top Left corner = **High Knees**

Top Right corner = **Jump Squats**

Bottom Left corner = **V Push up** or regular Push up

Bottom Right corner = **Jump In's**

Start with Push ups 10 x reps, jog to right corner do 10 Burpees then sprint up to top and do Jump Squats and across for High knees repeat jog and sprinting all the way around so we are doing intervals, going down by 2's so 8 reps, 6 reps, 4 reps, 2 reps.

Exercise two: Pair Challenge 15min

Break Campers into 4 equal groups then within the groups equal pairs (if you have a odd Camper out just half the workout for that Camper or have them team up with you) The first team to finish gets to decide the penalty for the rest. All reps must be completed so while one pair is doing the 100 the other is doing the next exercise of 50 and then they simply go through until all reps are complete.

1. 100 **Overhead Dumbbell Punches** with weights holding Squat position
2. 50 **Half Jacks**
3. 100 **Gut Busters** (Stay in Squat, dropping one Dumbbell)
4. 50 **Forward and Back Jumps**. 100 Speedballs in Squat position - Speedball arms above your head (circle wrists around each other)
5. 100 Pec Decks (no Dumbbells needed) Squat position arms above your chest (squeezing your elbows together above your chest)
6. 50 **Dumbbell Russian Twists** or **V Sit Pull Back**

Exercise three: Team Challenge 20min

Break Campers into 4 equal groups. Every group must work together to beat the other groups.



Top Left corner = 200 **Half Sit Ups**

Top Right corner = 200 **Overhead Dumbbell Punches**

Bottom Left corner = 200 **Half Jacks** with Dumbbell on end

Bottom Right corner = 200 **Push up Dip Combo** on a team members knees (100 Dips and 100 Push ups in total)

One person from each team must run laps while the rest of the group perform the exercises. Together campers must run 25 laps (all the way around) can swap as often as they need – but maximum laps each time is 10. If team has campers with pre-existing conditions (so they have to walk), have that team finish when everyone else does.

Recover and stretch.