

BOOT CAMP PRO WORKOUTS



Focus: Cardio - Big Chest & Leg Focus

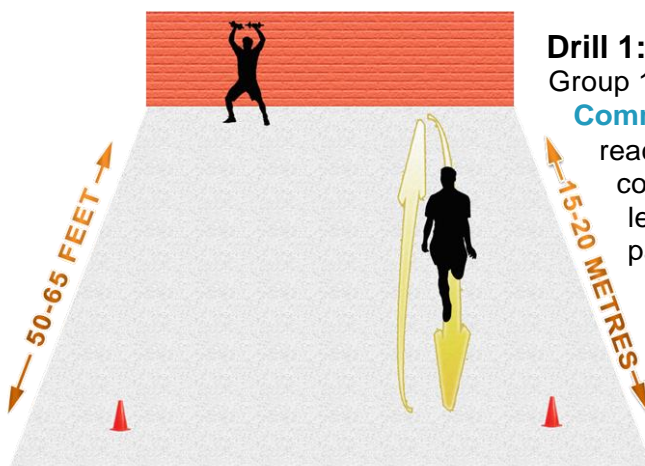
EQUIP: Cones, DB's, timer & large undercover area, you will need a wall.

Split class into 2 groups - one at each side.

Warm-up: 8's Lefts & Rights

Have participants line up either side of the court (if in undercover just go the length of area) giving them some room between each other to move. Shuffle to the right or left for 8 counts (everything is done in eights) Shout out the directions, count down from 8, and then shout out the "command" action such as **Power Jacks**, **Side Ski**, Push Ups, **Forward & Back Jumps**, Squats, Lunges, Jump Rope, **High Knees**, Butt Kicks, etc. We do that action for 8 counts/ reps, back to shuffling for 8 counts. So it goes shuffle-8, action-8, shuffle-8, action-8 and so on. Rotate the action commands and alternate the directions of the shuffling. Be sure they are covering the ground and getting low down on the shuffles. Continue for about 5 minutes or until warm.

Exercise one: Split campers into 2 groups, each group starts on opposite side.



Drill 1:

Group 1 – 1 **Commando Crawl** – 1 Wide Push-Up – 1 **Commando Crawl** – 1 Push-Up. (Continue until Group 1 reaches the opposite wall, or give them a number to complete – depending on the size of area and fitness level of class). When finished, they run back with their partner.

Group 2 - Wall Jumps (Arms up and try to Jump as high as possible while hitting the same spot each time) – Continue until Group 1 finishes their drill.

Drill 2:

Both Groups together – 1 minute Wall Sit with Bicep Curls (recovery) – 1 minute

Drill 3:

Repeat Drill 1 with opposite groups.

Drill 4:

Both Groups together – 1 minute Wall Sit with **Shoulder Press** (recovery) – 1 minute

Drill 5:

Group 1 – **High Knees** across the room and back. (For variation you can do tempo High Knees (low for 2 seconds, middle for 2 seconds, and High for 2 seconds, then progress forward with High Knees forward for 4 seconds etc. all the way to end of room – Repeat back to other side.

Group 2 – Wall Kicks (Facing wall Start with a low 1 kick , return legs together then kick wall twice 1,2 kicks a little higher return leg etc. all the way to 10kicks and always getting higher then change legs. (This Time Group 1 must keep going until group 2 finishes.

Drill 6:

Walking Lunges (singles) down one length



At far end complete 1 minute **Jumping Jack Front Kicks**

Walking Lunges (pulse on full lunge position for 3 seconds) return length

Repeat **Jumping Jack Front Kicks**

Drill 7:

Repeat Drill 5 with opposite groups.

Exercise Two: *Cardio Blast Jump Rope and go!* (Push up / Burpees Pyramid) 10 minutes.

One minute of Jump rope to start then start the pyramid - You will need to have a timer the whole time. Get the Campers to keep count of the reps they are up to and you keep count of Jump rope times.

- 1 Push Up's – 1 **Burpee's** – 10 seconds Jump Rope
- 2 Push Up's – 2 **Burpee's** – 15 seconds Jump Rope
- 3 Push Up's – 3 **Burpee's** – 20 seconds Jump Rope
- 4 Push Up's – 4 **Burpee's** – 25 seconds Jump Rope
- 5 Push Up's – 5 **Burpee's** – 30 seconds Jump Rope
- 6 Push Up's – 6 **Burpee's** – 35 seconds Jump Rope
- 7 Push Up's – 7 **Burpee's** – 40 seconds Jump Rope
- 8 Push Up's – 8 **Burpee's** – 45 seconds Jump Rope

No Abdominals today as there was lots of core in class.

Recover and Stretch