

BOOT CAMP PRO WORKOUTS



FOCUS: Partner Work using a Medicine Ball

EQUIP: Cones, Timer, Medicine Balls & Towels or Pool Noodles.

WARM-UP: Noodle Tag or Towel Tag (Rolled Up) 10 minutes

Teams are made up of 2 or 3 players. One pool noodle is allocated to each team.

When a player with a noodle enters the game they may only hold the noodle with one hand. The other team members remain on the side of the field.

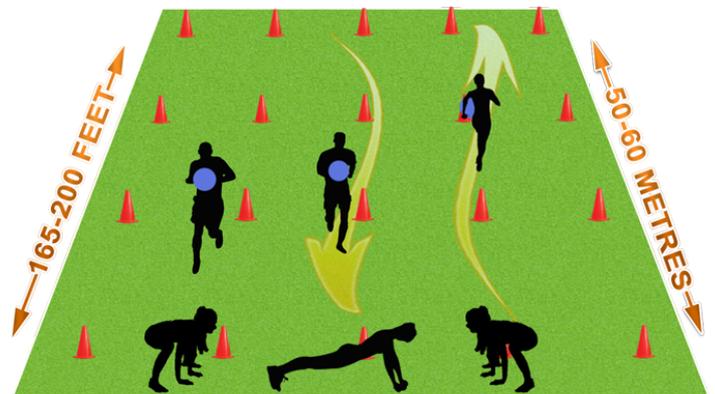
The object of the game is to hit opponents on the field with the noodle below the waist to make that opponent "out". Players are in the game until they too are hit below the waist.

As soon as you are hit below the waist you hold the noodle high above your head with 2 hands which indicates to everyone that you have been hit.

The hit player then walks off the field of play and hands the noodle to their next team mate who then enters the game. (As a modification make the player who just got out do a fitness task on the side line – 10 pushups, 10 situps or 10 jump jacks). The game continues as long as is required for all players to sufficiently warm up. The purpose of hitting below the waist is to lessen the likelihood of a face injury.

EXERCISE ONE: Cardio – You Go, I Go – 15min

Medicine ball run – Set up cones to weave in and out of. Working in pairs. One Camper from the pair has the medicine ball and completes the ball runs while the Camper without the ball completes the exercise set (by Trainer) change over when the ball has returned. The Camper not weaving the cones performs **Split Jump Lunges** - **Low Squat Hold** etc.



NOTE: If you have limited Medicine Balls you may opt to break your Camp into two groups. Have one group run the Medicine ball while the other group complete the Dumbbell exercises below. When the exercises are complete change over groups.

Campers keep switching over taking turns of running with Ball.

Set 2. Everyone works together or if large group at either end (as above) without the Medicine ball.



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20 Alternating Lunges, 20 **Dumbbell Push up Back Row**

20 **Clean and Press** (weights to ground) – Run

15 Alternating Lunges (Dumbbells at sides), 15 **Dumbbell Push up Back Row**, 15 **Dumbbell Touch Squat** – Run

10 Alternating Lunges, 10 **Dumbbell Push up Back Row**, 10 **Dumbbell Touch Squat** (weights to ground, 10 **Clean and Press** – Run

5 Alternating Lunges, 5 **Dumbbell Push up Back Row**, 5 **Dumbbell Touch Squat** (weights to ground, 5 **Clean and Press**) – Run

EXERCISE TWO: *Strength 15min*

Same lines of cones set up. Campers start at one end with Dumbbells.

10 **Jump Squats** (Dumbbells on shoulders) – walk to other end with Dumbbells (arms at right angles)

At far end complete 9 **Jump Squats** each Dumbbell walk back to starting point and complete 8 Jump Squats.

Continue walking back and forth dropping rounds until they get to 1 rep.

If time permits and they are not tired finish with another round of **Sumo Squats** Dumbbell on end at chest height, but half the walking distance and change the exercise to **Dumbbell Duck Walk** – 10 reps and down to 1 rep.

EXERCISE THREE: *Ab's Endurance Challenge (Pair up) 15min*

Use three of the lines of cones spaced out one starting line, the middle line and the ending line, ensure a large space in between at least 15 meters between lines.

At starting point place towel down and complete a total of 100 Push up Claps together with partner (facing each other in the Plank/Hover position up on hands not elbows) Each Pair must complete all 100 reps of each exercise. If they find this too hard to complete in one round they may wish to space out the reps by completing 5 rounds of 20 reps each round. But each time they leave that exercise they must run together moving them on to another exercise. This will give them a break. Continue until all exercises are complete.

Line1. Hover Claps 100 of these

Line2. Jump Squat Claps 100 of these

Line3. Burpees Jump up Claps 50 of these

RECOVER AND STRETCH