

# BOOT CAMP PRO WORKOUTS



**Focus:** Cardio ★★★★★ Strength★★★★★

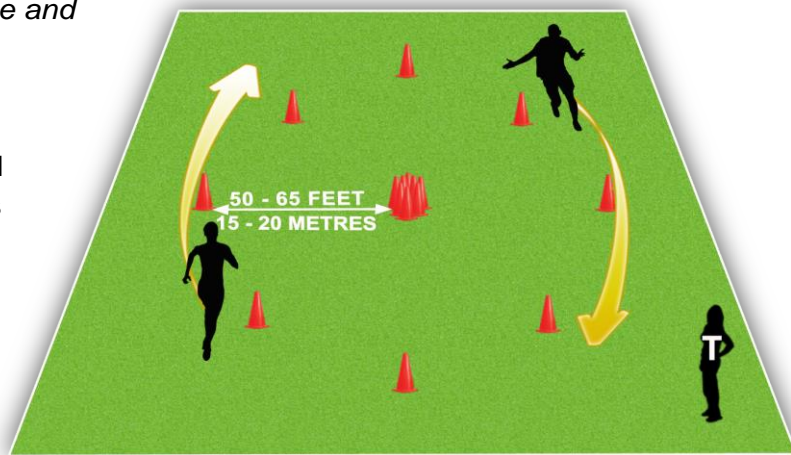
**EQUIP:** Cones, Large Space, Dumbbells.

**Set up:** See diagram (easiest way to do this is place centre cones down and hand each Camper a cone and after they walk out they simply drop their cone).

**Warm-up:** Musical Pairs **10 Minutes**

Try to pair people of about same height and weight. Using circle, have half of the group run one way and the other half run in the opposite direction. Campers must keep their eye on their partner (in the opposite group) and when the music stops everyone must quickly find their partner and must complete the exercise called out (below). The last Pair to complete the exercise is out and has to do 10

**Burpees** before returning to group.



**Bridal Carry** (one person jumps up into others arms)

**Horse** (Partner A down on all 4's and Partner B sits on back)

**Book Stops** (Partner A and B do a back to back Squat Hold)

**Wheel Barrow** (Partner A down on the ground on hands and Partner B holds legs off the ground)

**Piggy Back** (Partner A standing up as Partner B jumps up onto back)

**Exercise One:** Resistance with Dumbbells **30 Minutes**

Trainer stands in center of circle with the Campers holding their cone, and asks them to walk out further distance to make it 15 – 20 meters from center and then drop cone.

**Set 1** – 20 Alt Reverse Lunge Biceps Curls – Drop weights and sprint to center (ensure full sprint) jog back – repeat x 3

**Set 2** – Stay at outer cones – do 30 **Spiderman Climbs** – Alt Traveling Lunges to center – do 30 **Spiderman Climbs** - Jog back out – **Plank Side Leg Taps** 30 seconds – **Side Shuffle** to center – **Plank Side Leg Taps** 30 seconds - Jog back out– repeat with Plank Hold 30 seconds (at outer and center cones) – Jog back

**Set 3** – **Travelling Squats** to center (with weights)-10 **Split Jump Lunges** at center and return to outer cones doing **Travelling Squats** – repeat x 3 make last time change **Travelling Squats to Side Shuffle** and drop one dumbbell.

**Set 4** – Stay at outer cones – **Squat Thrusts** 30 sec – 4 **Turkish Get Ups** changing Dumbbell to other hand after each one.

**Set 5** – Walking Lunges – Dumbbells held at chest height to center cones and Dumbbells raised over head on return, repeat x 3.

**Set 6** – Stay to outer cones and move clockwise around circle – **Travelling Jump Squats** with weights raised to shoulder height and return to original cone.

**Set 7** – Shoulder Punch – Weights need to be relatively heavy & Punch above head for 1 minute then sprint to center, backward Jog to outer cone – repeat x 3

**Set 8** – Stay at outer cones – **T Rotation with Pushup** alternate sides 1 minute

**Set 9** – Group comes to center partner up both standing on one leg and hopping on the spot and try to push Partner off balance using one arm only (Ensure they take it easy and keep abs locked on at all times) Go for 2 minutes.

**Set 10** – At center do **Half Jacks** (without weight) 30 seconds - **High Knees** back to outer cone and (x 3).

**Set 11** Ab's – Stay in center of circle – Link feet with your partner – **Full Sit up** – ¼ down x 20.

Start bottom ¾ up x 20 – **Full Sit up** x 20 repeat if you have time.

**Recover and Stretch**