



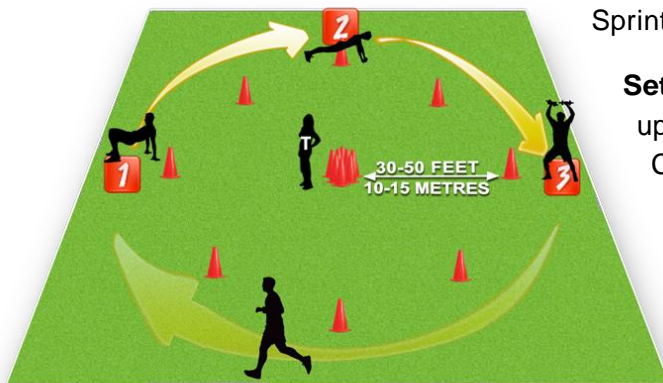
Focus: Upper Body Resistance & FUN GAME

EQUIP: Cones, Clothes Pegs, Timer, dumbbells.

Warm-up: Jog around oval 1st time no DB's then pick up DB's stop at every ¼ of oval and do a number of **Jump Squats** or **Split Jump Lunges** can alternate between overhead alt **Overhead Dumbbell Punches** or Bicep curls while Slow Jogging from ¼ to ¼.

Exercise one: 1st Set ensure that exercises are to be completed together / timing called out by Trainer.

All Rounds run for 45 sec each exercise – Except Sprints which last one full lap.



Set 1. 45 sec **Triceps Dips** – 45 sec Triceps Push up – 45 sec Triceps overhead extension. Circle run or power walk for 60 seconds or one full lap of Circuit before moving on.

Set 2. 45 sec – Straight Leg **Triceps Dips** (every tenth Dip complete a tempo controlled Dip down for 5 counts and then back to 9 normal dips) – 45 sec Wide Push ups tempo controlled (down for 5 counts on the 5th complete a single push up) — 45 sec Triceps

overhead extension ½ range so not full top extension – Run.

Set 3. 45 sec **Single Leg Double Kickbacks** (Left Leg) – 45sec **Overhead Tricep Extension** – 45 sec **Single Leg Double Kickbacks** (Right Leg) – Run.

Set 4. 45 sec Bicep Alt Curls (in Squat Position) – 45 sec ½ range bottom half – 45 sec top range Curls – Run.

Set 5. 45 sec Hammer Curls with alt Lunges – 45 sec Full Range Bicep Curls (no lunging) – 45 sec **Knee Up /Downs** with bicep curl (Up and downs start on knees come up on one foot and then the other leg to standing position and back down while curling) – Run.

Set 6. 30 sec **Hammer Curl Squat** – 30 sec **Travelling Jump Squat**– 30 sec **Split Jump Lunge** with Dumbbell curl – Run.

Exercise two: FUN GAME: Peg Tag

Collect as many clothes pegs as would supply 4 to 8 pegs per person. Then distribute this amount of pegs to all Campers, have them place peg onto their clothing somewhere on the upper half. Keep in mind the pegs need to be accessible, so preferably on the back, front (for Men) or arms of the clothing.

No set boundaries are needed for this game, but start it in the center of your circle. On “GO,” everyone aims to take as many of their own pegs off their clothing (one at a time), and attach them to other people’s clothing. To be clear, all pegs must remain on a person’s clothing



except for the one they are trying to attach to someone else. Be careful often when a Camper is not looking, someone is sneaking a peg on their back.

Run the game for as long as you feel there is energy, then stop and count each person's stash of pegs. The person with the least wins.

Exercise three: *2nd Set of Upper Body Exercises (Drop to just 30 sec per exercise)*

Set 1. 30 sec **Squat Front Raises** – 30 sec Side Raise – 30 sec ½ top range Pulsing Raises

Set 2. 30 sec **Clean and Press** – 30 sec **Six Count Shoulder Flys** – Repeat for 30 seconds.

Set 3. Walk around Oval punching weights overhead for total of 1 minute.

Exercise four: *Ab's*

30 sec Plank – 30 sec **Side Plank with Elbow Tap** – 30 sec **Side Plank with Elbow Tap** (Other Side)

60 second **Plank with Side Leg Taps**

Recover and Stretch