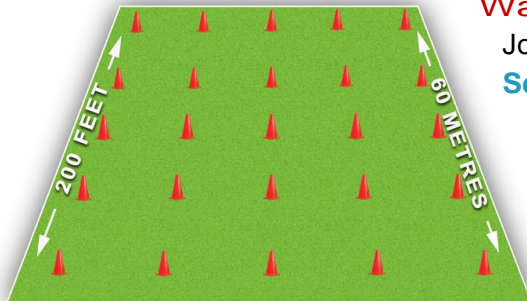


BOOT CAMP PRO WORKOUTS



Focus: Cardio ★★★★★ Strength ★★★★★

EQUIPMENT: Cones



Warm-up: Shuttle runs between cones – Start at first cone. Jog to second cone - do 2 Push Ups, Jog to 3rd cone – 4 **Jump Squats** – 4th cone 6 Jump Jacks – 5th cone 8 **High Knees** and sprint back to start, repeat for 3 min. Then do Shuttle runs up and back running to cones and returning to 1st cone after each line - every 30 seconds call out “Drop!” and have Campers drop to Plank position and hold until you say “Go”, continue for 3 minutes.

Exercise one: *Timed Partner Tag Relays with uneven reps* (This session is great for people of differing fitness levels). Everyone works at their own pace giving the fitter Campers the opportunity to push themselves a little harder by completing more sets.

1 person does nominated stationary exercise while the other person runs. *Keep going until the time is called.*

Note: Each round goes for **5 minutes**, changing over after each completed set of stationary exercises. The whole group then moves on to next set.

Set 1. Partner 1 – 1 Burpee with 10 Mountain Climbers and repeat until Partner returns.

Partner 2 – Shuttle Running up to the 4th (last) cone and back and repeat. So **Partner 1** will do the Burpees/Mountain Climbers while **Partner 2** does 2 sets of shuttle runs.

Set 2. Partner 1 – 5 Push ups – 10 **Plank Up and Down** – 10 Narrow Push ups.

Partner 2 – **Side Shuffles** 10 Right Leg leading and change over to Left for 10 until they reach the furthest cone and sprint back x 2.

Set 3. Partner 1 – 10 Reverse Lunge Fly's followed by 10 (**Dumbbell Squat** ½ top range pulsing fly's) and repeat.

Partner 2 – Sprint to cone 1- do 5 **Split Jump Lunges**. Run to 2nd cone and do 10 more and 3rd and do 15 more - then reverse **High Knees** on return and changeover.

Set 4. Partner 1 – 10 **Clean and Press** followed by 10 **Half Jacks** continuing until Partner is back.

Partner 2 – Run to 1st line stop do 4 **Side Ski Jumps/Zig Zag** over line and continue to 2nd line completing 8 **Side Ski**, at 3rd cone do 12 **Side Ski**, On return start with 4 **Jump Squats** then at line 2 do 8 **Jump Squats** then 4 **Jump Squats** and change over.

Set 5. Partner 1 – 10 Lunges Right leg followed by 10 Lunges Left leg then Alternating Lunges until Partner is back.

Partner 2 – Run to 1st cone flip over and backward run to next line and flip back and forward run to end and repeat on the way back This one **repeat through twice** before changing over.

Exercise two: Fun Game Odds and Evens

Overview

Campers spread themselves randomly around the space. Explain that there are two “teams” – Odds or Evens – and everybody gets to choose which team they want to be on. To be on the Odds team, a Camper must take off one shoe or sock while the Evens team must keep shoes on.

From the centre of the Oval or space, announce that you will count to three quickly, at which point everyone must have declared an affiliation with either the Odds or Evens team. On three, the chase begins. Odds chase Evens, and Evens chase Odds. When a tag is made of a member on an opposing team – the person who is tagged automatically becomes a member of the team that just “caught” them. (They may need to put a shoe back on or take one off etc.)

Loyalties may swap many times in a game. It continues until everyone gives allegiance to the same team, or it seems that most people have had enough!

Variation

Toss a dice in the middle of the field, and shout the Odds or Evens outcome. The team which is announced chases the other team. Play several quick rounds, the game continues until everyone is caught.

RECOVER AND STRETCH: *Go for a recovery lap and stretch.*