

BOOT CAMP PRO WORKOUTS



Focus: *Cardio with Leg Focus*

Cardio ★★☆☆☆ **Strength** ★★★★★

Equipment: *Cones, Timer, dumbbells, stairs*

Warm-up: *Shadow movements with Partner – 10 min*

Partner has to copy the leading partner with a variety of exercises of leader's choice.
Change over leading partners – 5 mins each partner.

Exercise one: *Cone Touch Upper Body – 15 min*

Have campers line up at starting point facing a line of as many cones as there are Campers – each Camper has their own cone.

Campers do 1 min of exercise at the starting point – Run and touch their cone – run back and do another 30 seconds of the same exercise – run and touch their cone – start the next exercise for 1 minute and repeat the sequence until all exercises completed.

Exercises:

Burpees Push ups.

Clean & Press (touch Dumbbells to ground) -
(drop DBs before running to cone).

Knee Up Downs (Holding Dumbbell)

Dumbbell Wood Chop (Plie Squat position holding Dumbbell on end and swing it between legs, in front of body to shoulder height).

Step Lunges with DB Bicep Curl (fists facing each other).

Clean and Press

Reverse Lunge Flys

Dead Lifts

Hammer Curl Squat

Exercise Two: *Lower Body - 20min*

Find a set of stairs (or hill). Campers can use their Dumbbells on shoulders or down by their sides. Stagger starts if group is too large (having some Campers start on Squats, some on stairs or use multiple sets of stairs or hills).

Campers do 10x Side Stepping Squats on both legs (20 total) then do 2–3 sets of running up Stairs/Hills and back.

Campers do 9x Side Stepping Squats on both legs (18 total) then do 2–3sets of Stairs/Hills. Continue dropping reps until 5 on each side – finish with final stair run and back.

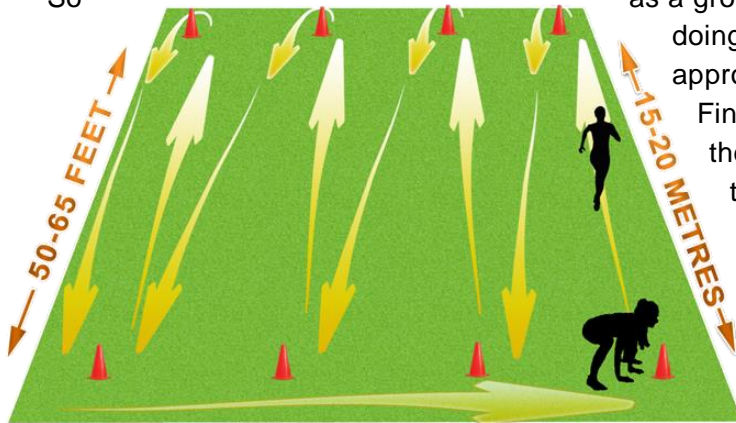
BOOT CAMP PRO WORKOUTS



Exercise Three: Abs Cone Weave - 15min

Campers use 2nd line of cones to weave around. Start in a line facing cones doing Mountain Climbers or **Squat Thrusts** – on Instructor's call Campers run and weave around their cone, run back in line with the cone of the person to their left. Last person in the line has to weave their cone, run behind group, in line with far right cone.

So



as a group they move to their left. Continue doing moving side plank to push ups for approx. 20–30secs between weaving.

Finish when Campers are back in line with their original cone. For variation add travelling side Push ups or travelling side **Triceps Crab Walk or Tricep / Crab Walk with Dips.**

Recover and Stretch