

BOOT CAMP PRO WORKOUTS



FOCUS: Cardio ★★★★★ Strength ★★★★★

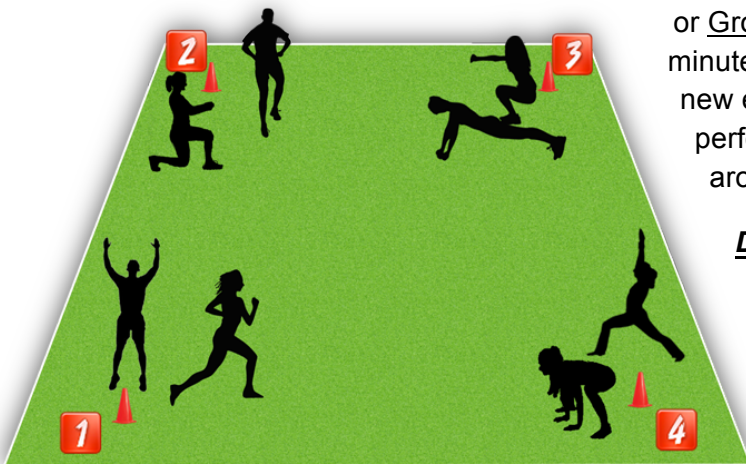
EQUIPMENT: Cones

WARM-UP: American Eagle 1-2-3

Line Campers up on one side of the room, and have about 2 or 3 Campers in the middle of the room. The object is for everyone to run from one side of the room to the other without being caught by those in the middle. The people in the middle have to lift whoever they can off the ground and say "American eagle 1-2-3!" before they SLOWLY LOWER them back to the ground. When the person is picked up they join the middle and it keeps going until there is 1 person left running.

*Be careful to watch for each other so Campers don't get hurt in the middle. Also, make sure Campers lift each other from the waist instead of underarms to avoid inappropriate contact.

EXERCISE ONE: 20 min



Split Campers into partner pairs number them Group 1 or Group 2. All exercises are performed for 1 minute then partners swap over and repeat with new exercise for a further minute. Each mini drill is performed for 4 minutes in total before rotating around.

Drill 1.

Partner 1: Run to a set point (20 meter run at least)

Partner 2: Burpees

Changeover then repeat

Drill 2.

Partner 1: High Knee Jog

Partner 2: Knee Up/Downs (stand with feet hip distance apart – kneel down one leg at a time – then stand up – one leg at a time, ensuring that weight is in the heels when rising. Repeat but alternating leading leg each time. Changeover then repeat

Drill 3.

Partner 1 Travelling Jump Squat – start in deep squat – propel up and forward reaching into air (full extension) then land going back into deep squat or Walking Lunges

Partner 2: Plank Jump Squat – start in plank on hands – jump feet in to squat position – at same time release hands – so will be in deep squat position with body upright.

Changeover and repeat

Drill 4.

Partner 1: Hi 5 (Sky to Ground)



Partner 2: **Pop Up** (start in plank on hands – if possible push off hands and feet at same time and come to deep squat position – walk feet back out to plank) option just jump legs in and come to deep squat.

Changeover then repeat

EXERCISE TWO: Partners

Pairs work together- each exercise performed for 1 minute

1. **One Arm Partner Squats** – Partners stand facing each other – hold opposite forearm and perform squat touching floor with free hand- stand and swap hands.
2. 1 minute run – touching floor at each end.
3. **Over & Under Combo** – 1 partner hold plank on hands – other person jumps over partners legs keeping feet together – urge caution – jumping partner then turns and crawls under partner on floor – who has lifted hips and straightened legs to allow for extra space, ensure knees don't touch ground as they crawl under.
4. 1 minute High Knee run
5. **Resisted Side Lunges** – Partner secured Partners foot and as they returned to standing position they simply push back down.
6. 1 minute run – Touching floor at each end

EXERCISE THREE: Abs

Hold Plank for as long as possible

30 sec side plank – each side – or abs of choice

RECOVER AND STRETCH