



**FOCUS:** Upper Body. Cardio ★★☆☆★ Strength ★★★★★

**EQUIP:** Cones, Skipping Ropes, dumbbells, deck of cards

**WARM-UP:** Easy skipping rope warm up

Skipping 1 min – **Skipping Runs** to set point and back – 1 min

Skipping 45 sec – **Rope High Knees** to 15 meter cone and back – 45 sec

Skipping 30 sec – Jump Squats 30 sec

**EXERCISE ONE:** Pairs Work Strength

Set up a run – approx. 15 – 20 metres only

Do 15 reps of each exercise, then do Wheelbarrow to cone and jog back, when all Campers back start next exercise as a group. (Changing over the person on ground each time).

**Wheelbarrow Squat Combo** – See Video for proper form if this is too difficult you can substitute for **Assisted Push up Walk**

**Push Up Dip Combo** – Camper A faces Camper B and does Dips while Camper B does Push Ups on Camper A's knees.

**Resisted Triceps Press** – Camper A sits on floor with palms facing upward towards sky and elbows in towards chest, Camper B stands behind and pushes down on palms slowly for resisted Triceps press. 10 reps each side and Wheelbarrow run changing person from last time.

**Donkey Raises** – Camper A leans over the back of Camper B and does Calf Raises  
NOTE: No Wheelbarrow run change to a Jog up and sprint back.

**EXERCISE TWO:** Strength / Cardio 15min

Campers must keep Dumbbells throughout entire set / **6 minute rounds.**

**Set 1 / 6mins** – Walking with Dumbbells by sides – 1 min – above head 1min – 1min **Side Shuffle** Dumbbells at chest / under chin – 1min **Overhead Dumbbell Punches** ( keep moving) – Light Jog with Dumbbells at sides – 1min – 30sec Lunges Right Leg with Hammer Curls – 30secs lunges L leg with Hammer Curls.

DROP DUMB BELLS! Rest



**Set 1 / 6mins** – Shuffle feet with alt front Jabs – 1 min – **Pulsing Squats** 1 min – **Clean and Press** – 1 min – **Gut Busters** (drop one dumbbell) – 1 min – Walking with **Overhead Triceps Extension** (can drop one dumbbell) – 1 min Alt Lunges.

DROP DUMB BELLS! Rest.

**EXERCISE THREE:** *Leg Work / Lefts and Rights*

1min Controlled Lunges Right (Trainer to decide tempo) – 1min Lunges Left Leg

1min **One legged Dead Lifts** Right – (lift other leg behind, sliding dumb bells down the front of legs) – One legged dead lifts Left

1min **Pistol Squat** Right – 1min Left Leg **Pistol Squat**

1min Finish with **Clock Lunges** starting at 12.00 o'clock and work all the way around.

Rest!

**EXERCISE FOUR:** *Ab's Card Game*

Place Campers in a line with Cards at far end, have one Camper run to deck grab card and return to group they then must do the reps and exercise on card when finished. Group does a Plank until the next person retrieving the card has returned and repeat process until everyone has ran at least once.

**Ace** – **In and Outs** 15 reps

**Queen** – **Plank Hip Splits** 15 reps

**Kings** – **Flutter Kicks** 20 reps

**Jack** – **Bicycle Crunches** 30 reps

Numbered cards

**Black** – **Ab Roll Up** or for advanced **Turkish Get Up**

**Red** – **V Sit Pull Back**

(Perform the # of repetitions for Ab Roll up and V Sit based on the # on the card).

**RECOVER AND STRETCH**