



FOCUS: Pair workout Cardio ★★☆☆★ Strength ★☆☆☆☆

EQUIPMENT: Cones, Timer, Medicine Balls & Skipping Ropes.

SET UP: (15 meter run)

WARM-UP: Travelling Medicine Ball Pass to far cone and back – 3 min

Squat Boxer Jump Combo – 2 minutes

Oblique Ball Side Pass – 1 minute each side

Partner Crescent Kicks with Deep Squat – 1 minute

(Facing your Partner – Partner 1 performs a deep squat (hands touch ground, frog position) while Partner 2 swings leg straight over Partner 1's head.

EXERCISE ONE: Legs (Need Skipping Rope)

Rope Fast Feet / Burpee Combo – 2 minutes

Resisted Sprints – 1 minute per Camper then Change over

Rope Quick Jumps – 2 minutes

Skipping 10 - 1 – 1 minute

EXERCISE TWO: Legs – 2 minutes each exercise

Partner 1 **Plank up & down** Partner 2 Jump over Squats – Jump over your partner's legs and land in a squat position before turning around and repeating exercise.

Keep it fast continues for 2 mins then change over.

Partner 1 – **Plank** – Hold Plank position on elbows Partner 2 – **Burpees** over Plank – Start with a **Burpee** then jump over your partner turn around perform another **Burpee** and jump over again, Continue for 2 minutes then changeover.

EXERCISE THREE: Triceps/Legs – 5 mins

Push Up Dip Combo – 1 min – C/over and repeat

1 min Cardio Sprints to cone (both together)

Push up Clap Combo – 1 min

Cardio Sprints to 15 meter cone – 1 min (both together)

Resisted Triceps Press – 1 min

EXERCISE FOUR: Legs (See Video)

Resisted Side Lunges. Partner 1 Stands on Partner 2's foot while they are side on and pushes them down into a side lunge for 1 min (ensure that Partner in the Lunge has a core in tight as they bring themselves back up, to increase intensity have them hold a Dumbbell on end at chest) continue for 1 min and change legs Partner 1 still completing exercise. C/over when both legs are completed.



Wheelbarrow Squat Combo – 1 minute – Change over

Wheelbarrow Squat Combo with Push Up – 1 minute – Change over

EXERCISE FIVE: *Floor Work including Ab's 4 min sets*

On Towels **Resisted Hamstring Lean out** (See video) Partner 1 on knees facing away from Partner 2 Partner 2 Holds on to the ankles of Partner 1. Partner 1 slowly leans forward dropping into a Push up position and comes back up continue for 1 min and c/over. .

EXERCISE SIX: Ab's

Over and Under Combo (See Video) – 2 minutes each then Change over

Over & Under Combo with Push Up – 2 minutes (Same as above but straight after Partner 1 jumps over Partner 2 completes one push up. Continue for 2 minutes or 10 Push ups.

Assisted Push up walk (using Towel) – 1 minutes then Change over

Assisted Push up walk with added Push up (this is the same as above but every two steps perform a single push up – 1 minute then Change over

STRETCH AND RECOVER