



# BOOTCAMP PRO WORKOUTS

**FOCUS:** Cardio / Legs 20–10–10–5

**EQUIPMENT:** Cones, Timer, Bench

**SET UP:** Set up 4 cones approx. 20 meters apart.

**WARM-UP:** Standard Shuttle Run

Split up into partners – everyone – light jog to 2nd cone and back to 1st cone and forward to 2nd cone etc. Repeat with Heel kicks with forward Punching (Chest Height) – **High Knees** with Punching Overhead.

Break up into pairs, Partner 1 starts above drill then partner 2 has to try and tag before they reach last cone. ( No exercises just Jogging)

Once tagged swap over and repeat for at least 2 minutes or until through at least twice.

## **EXERCISE ONE:**

10 exercises everyone performs 20 reps first time around (except shuttle runs they always stay at 10 reps until last round where they drop to 5) if anyone has completed exercise reps before others they continue to shuttle run until everyone has completed exercises – so Campers start new exercise at same time. If preferred as exercises are grouped Push up Tri push up, get them to complete both exercises before running. So Shuttle/**Squat jump** – run – Push up/Tri Push up – run. Lunge Jumps/Star Jumps run and so on. **NOTE:** *If you group exercises together you can spread out the runs so 2 exercises 2 runs etc instead of 10 reps all at once.*

Once all exercises completed **perform 50 Step Ups** with the Right leg only.

Repeat all exercises 15 reps (Shuttle run 10x) – **50 Step Ups on left leg.**

Repeat exercises 10 x **then 25 Step ups** – Right leg

Repeat all exercises – including runs 5x – **25 Step Ups Left leg.**

Ex 1: Shuttle Run

Ex2: **Squat Jump**

Ex 3: Push Ups

Ex 4: Triceps Push ups

Ex 5: **Split Jump Lunge** (Both legs counts as 1)

Ex 6 **Power Jacks**

Ex 7: **Straight Arm full Sit Ups**

Ex 8: Plank with alternate leg lift (each leg lift counts as 1)

Ex 9: **Sumo Squat** with side leg lift

Ex 10 **Sumo Squat** Jump – Touching alternate heels

## **RECOVER AND STRETCH**