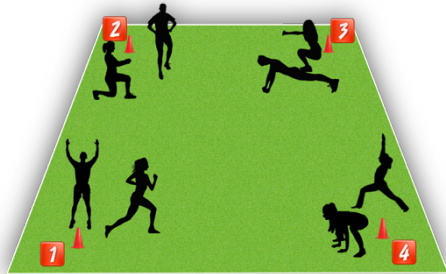


BOOT CAMP PRO WORKOUTS



FOCUS: Resistance Upper Body Strength. Cardio ★★☆☆☆ Strength ★★★★★
EQUIP: Cones, DB's, Timer & Large Area



SET UP: large Square, 4 groups - 1 group on each side of square, go for 1 minute and c/over

WARM-UP: Run for 30 seconds – 30 **High Knees** – run 30 sec – 30 Fast High **Split Jump Lunge** – run 30 sec – 30 **Gut Busters** – Run for 15 seconds – 15 **High Knees** – run 15 sec – 15 Fast High **Split Jump Lunge** – run 15 sec – 15 **Fast Feet**. Finish with 10 sec run – 10 quick Push ups – 10 sec run – 10 **Jump Squats** – 10 sec run and finish with 10 **Burpees**.

EXERCISE ONE: 1 minute each exercise

1. Skipping
2. Cone touch (traffic) or **side ski** jumps
3. Shuttle runs
4. **Burpees/ Power Jacks**

After set do stair run, then death drops (landing in a squat position on the step below and repeating) or if no stairs do bunny hop over 6 lines of cones.

EXERCISE TWO: Lower Body/Strength Set

1. Plank side walk or **Tricep/Crab walk** (walk up length of square)
2. **Duck walk** weight under chin (up length of square)
3. Lunges with weights over head
4. Hammer curl with **Traveling Jump Squat** forward (up length of square)

After set do stair run, death drops or if no stairs do bunny hop over 6 lines of cones.

EXERCISE THREE: Upper Body/Strength Set

1. **Commando Crawl** (up length of square)
2. Clean & Press followed by a **Squat Jump** Forward (up length of square)
3. **Dumbbell Touch Squat** (Stay on same spot)
4. **Alt Reverse Lunges with Fly's**

EXERCISE FOUR: Ab's

1. **Inch Worm** 1 min (up length of square)
2. Traveling Side Push ups (up length of square)
3. **Straight Leg Dumbbell Twist** (Stay on same spot)
4. **Turkish Get Ups** (Stay on same spot)

RECOVER AND STRETCH