



FOCUS: All Rounder Cardio ★★☆☆ Strength ★★★★★

EQUIPMENT: Cones, Timer, light dumbbells, steps.

SET UP: Need to be near a bench or curb.

WARM-UP: (see table)

EXERCISE ONE: High to Low Intensity 15min

Do a high intensity exercise for 30sec, low intensity for 30sec, repeat each Set.

Set	High Intensity	Low Intensity	Rest
1	High Knees	Jogging on spot	
2	High Knees	Jogging on spot	30 seconds
3	Jump Squats	Shallow Squats	
4	Jump Squats	Shallow Squats	30 seconds
5	Tuck Jumps	Low Jumps on the spot	
6	Tuck Jumps	Low Jumps on the spot	30 seconds
7	Burpees	Touch ground reach up alt arms	
8	Burpees	Touch ground reach up alt arms	30 seconds
9	Mountain Climbers	Standing step backs	
10	Mountain Climbers	Standing step backs	finish

EXERCISE TWO: Step Ups -15min

Need a high step (use low step or curb as option) and another step (low or high) a distance away that the campers must run to with their dumb bells.

10x DB step ups on each leg at start step – run to other step and do same. Run back.

9x Dumbbell step ups each leg – run to other step and do same. Run back.

Continue dropping reps all the way down to 1 rep.

EXERCISE THREE: Upper Body Super Sets -15min (need to be near bench)

Do 30 secs of each exercise back to back without a break, then 45secs then 1min of each exercise, rest in-between sets.

Set 1 – Push ups and Dips

Set 2 – Dumbbell Squat Press (make sure they sit down to bench) & Bicep Curls with step ups

Set 3 – Overhead Triceps extension and forward raises in half squat position

EXERCISE FOUR: Abs Side Plank Intervals - 8min.

Campers in a straight line on mats facing cones (in line 20 metres away).

Plank 1 minute– run up to cones and back

Plank 30sec – one Arm plank Right arm up in air – run – Repeat with Left side

Alt T Rotation for 45 seconds to finish

RECOVER AND STRETCH