

BOOT CAMP PRO WORKOUTS



FOCUS: Cardio with Big Core Focus Cardio ★★★★★ Strength ★★★★★

EQUIP: Cones, Skipping Ropes, light dumbbells

SET UP: See Diagram

WARM-UP: Warm-up (8 minutes)

- 60 Seconds Easy Jog
- 30 Seconds Sprint
- 30 Seconds recovery/easy Jog. Come back to Skipping Ropes
- 30 Seconds Slow Squats with the Jump rope (held horizontally starting at chest height across body & lower up and down as you Squat).
- 30 Seconds Jump Rope
- 15 Seconds Right Foot Hop or Jump Rope on one Foot
- 15 Seconds Left Foot Hop or Jump Rope on one Foot
- 30 Seconds recovery/easy Jog drop Rope
- 30 Seconds **Side Ski** Jumps
- 30 Seconds recovery/easy Jump Rope
- 30 Seconds **High Knees** to finish

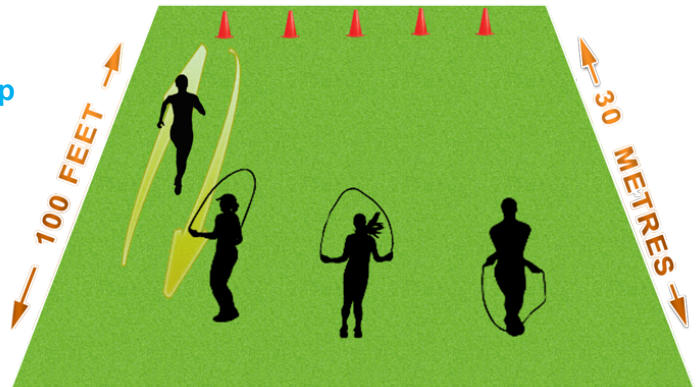
EXERCISE ONE: Cardio 20min

Round 1

- Jump Rope – 3 minutes
- Lunge to end of marked out area – 5 **Jump Squats**
- Lunge Back to start – 5 **Jump Squats**

Round 2

- Jump Rope – 90 seconds
- Travelling Planks to of marked out area – 5 Push Ups
- Travel Planks back – 5 Push ups



Round 3

- Jump Rope – 3 minutes
- **Traveling Jump Squats** to of marked out area (keep hips low entire time) – 5 **Squat Thrusts**
- **Traveling Jump Squats** back – 5 **Squat Thrusts**

Round 4

- Jump Rope – 90 seconds
- **Triceps Crab Walk** to of marked out area, flip over and do 5 **V Push Ups**
- **Tricep Crab Walk** Back – 5 **V Push Ups**



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EXERCISE TWO: 15 min Ab's

Round 1 (1 minute)

- Push up to Side Plank (see **T Rotation**) 1 minute
- Walking Plank with Elbow Crawl (30 seconds) – hand, hand, elbow, elbow one way 30 sec and back 30 seconds
- **Plank Hip Splits** (Stay in plank up on hands and Jack legs out and in) 1 minute
Mountain Climbers or **Squat Thrusts** (30 seconds) x 2
- **Bicycle Sit Up** (1 minute)
- **Inch Worm** (1 minute)
- Reverse Bridge (1 minute)- inhale to lift hips and hold for 3 second count, exhale lower, try not to clinch bottom

Round 2 (45 seconds)

- Bicycle
- Basic Crunch slow and controlled
- Negative roll-down with Dumbbell (Sit up's with D'B up fast down slow and controlled)
- Reverse crunch

Round 3 (30 seconds)

- Figure 8 or **Dumbbell Russian Twist**
- Side crunch 15 left/right – slow
- Finish with Hundreds

RECOVER AND STRETCH