

BOOT CAMP PRO WORKOUTS



FOCUS: Upper Body with Bench work Cardio ★★☆☆ Strength ★★★★★

EQUIPMENT: Cones, Timer, bench

SET UP: Step or Bench or Stairs

WARM-UP: Need a large space marked out with room for Campers can run forwards, backwards and side to side.

Campers start by running forwards – on instructor's call they run either right, left or backwards. Each time instructor changes direction campers stop and do an exercise.

Left = 10x **Jump Squats**

Right = 10x Push ups

Back = 10 **Split Jump Lunges**

EXERCISE ONE: 100's / 50's Upper body 20min

20 **Tricep Dips** – run 3 sets of stairs, or make a shuttle run to a certain point and back 5 rounds total of 100 **Tricep Dips**.

20 Bench Jump ups (ensure bench is not too high and Campers can safely land with both feet on step while keeping abdominals tight), one option is to use bottom step, run 3 sets of stairs.

Do 5 x rounds = 100 Bench Jump ups

Repeat the above sequence with 10 reps of **Tricep Dips** – run 1 set of stairs or circuit. Do 5x rounds = 50 **Tricep Dips**

10 reps of Bench Jump ups or step and run circuit 5 rounds = 50 Jump ups

EXERCISE TWO: 100's / 50's Upper Body 25min

Need to be near a low step and hill (if you only have a small hill double the runs)

20 Lunges with Bicep Curl each leg with back foot up on step – run with Dumbbells 3 Hill runs or shuttle runs

Do 5x rounds = 100 Total Lunges each leg

Campers then do 20 **Dumbbell Squat Press** (ensure Butt almost touches bench), – run with Dumbbells again

Do 5 x rounds = 100 **Dumbbell Squat Presses**

Repeat the above sequence with 10 reps of Lunges with Biceps Curl each leg with back foot up on step – run no Dumbbells 1 Hill

Do 5x rounds = 50 Lunges each leg

Campers repeat 10 **Dumbbell Squat Presses** – run no Dumbbells 1 hill

Do 5 x rounds = 50 Squats.



EXERCISE FOUR: 100's

Half Sit Ups 25 fast – Skipping on spot big arms (no ropes) 30 sec – Repeat 5x = 100 **Half Sit Ups!**

Repeat with 10 **Half Sit Ups** with Dumbbell on chest – **High Knees** on spot – repeat x 5.

RECOVER AND STRETCH