



# BOOTCAMP PRO WORKOUTS

**FOCUS:** Resistance Super Sets. Cardio ★★★★★ Strength ★★★★★

**EQUIP:** Cones, DB's, Timer, skipping ropes & Large Area

Set up around a large square this way you can have them shuttle run and watch everyone.

**WARM-UP:** 2 minute Jog keep warm up fast as program will take the whole hour.

**EXERCISE ONE:** Circuit type training with Super Sets each exercise.

Campers complete the 1<sup>st</sup> two exercises and then move on to cardio set. Repeat for 5 sets. So round 1 is the first two sets followed by cardio set. Rest 3 minutes before moving on, **NOTE:** Keep them moving quickly no stopping until after cardio. **You will need to keep each set to 5 minutes total.**

### **Set #1 Strength Upper Body**

1. Laying Fly's 20 reps – Wide Push ups 10 reps

Repeat above exercise decreasing reps by 2 until you reach 2 Fly's and 1 Push up.

### **Set #2 Strength Upper Body (same reps as above)**

1. **Squat Front Raises** with dumbbells. **NOTE:** Must keep knees behind toes and core tight at all times squeezing through bottom as you rise – Straight Leg **Tricep Dips**

### **Set #3 Cardio set 2 ½ min total**

30 second **Sprints** (timed) – 30 second **Gut Busters / Fast Feet** (No rest straight into **Fast Feet**)

20 second **Sprints** (timed) – 20 second **High Knees**

15 second **Sprints** (timed) – 15 second **High Knees**

10 second **Sprints** (timed) – 10 second **High Knees**

### **Set #4 Strength Upper Body**

1. 20 **Overhead Tricep Extension** 20 reps (1 or 2 Dumbbells behind head ensuring elbows stay close to ears). – **Triceps Push ups** Narrow grip 10 reps and repeat decreasing by 2's until 2 Overhead Extensions and 1 Push up.

### **Set #5 Strength Lower Body**

1. **Squats Thrusts** – 20 reps

**Split Jump Lunges** (Low) – 10 reps and repeat decreasing by 2's until 2 **Squat Thrusts** and 1 **Split Jump Lunge**.



**Set #6 Cardio set 2 ½ min total**

30 second **Skipping** (timed) – 30 second Fast Step Ups or Curb Jumps on low step

20 second **Skipping** (timed) – 20 second Step Ups on low step

15 second **Skipping** (timed) – 15 second Step Ups on low step

10 second **Skipping** (timed) – 10 second Step Ups on low step

**Set #7 Core Strength**

1. **Straight arm full sit-up with Dumbbell** on chest 20 reps – 10 **Reverse Plank Single Leg Raise** (alternate legs raise and lower to ground) repeat decreasing by 2's until 2 **Straight arm full sit-up** and 1 **Reverse Plank Single Leg Raise**.

**Set #8 Core Strength**

2. **Dumbbell Russian Twist** 20 reps – **Knee Up's and Downs** with Dumbbell at chest height 10 reps continue dropping by 2's until complete or you run out of time.

**RECOVER AND STRETCH**