



# BOOT CAMP PRO WORKOUTS

**FOCUS:** Cardio Leg Focus    Cardio ★★☆☆☆    Strength ☆☆☆☆☆

**EQUIP:** Coloured Cones, Skipping Ropes, dumbbells and Bench's

**WARM UP:** 10 minutes

Have Campers one at a time run up grab a cone and complete the exercise. Start with about 20 cones at one end of oval and continue until warm.

Use a different colour for each exercise if you only have 2 colours of cones choose 1st round

Yellow – Lunging, Orange – Jog. Then change exercises 2nd time through

Yellow – Side Shuffle

Orange – Run Forwards

Blue – Jog

Red – Side Shuffle

White – Run backwards

**EXERCISE ONE:** Cardio mainly Leg focus 15 min – Moving fast between exercises no rest for 5 minutes or 3 complete sets.

1 minute of Pulsing Squats / 45 Seconds of Skipping

1 minute of **Triceps Dips** on bench/ 45 Skipping on 1 foot (If not enough Bench space split Campers in 2 & have one group complete Skipping First)

1 minute of **Dumbbell Push Ups Back Row** / 45 seconds of Skipping other foot

1 minute of **Forward & Back Lunge**, Right side first / 30 seconds of front and back skipping

1 minute of **Forward & Back Lunge**, Left Side / 45 seconds of Side to Side skipping

1 minute of **Reverse Lunge Flys** / 45 seconds of **Skipping High Knees**

1 minute of **Sumo Squat** with Dumbbell on end between legs / 45 seconds Skipping

**EXERCISE TWO:**

Repeat with 30 seconds of each exercise and change skipping to shuttle runs / or stair runs only 30 seconds.

**EXERCISE THREE:** Legs Drill 15 minutes

**1<sup>st</sup> set:** Need to be near a step or Bench or Street Curb – Set up cones at least 25mtrs away from step, this is where the Campers start. Complete as a group, with dumbbells.

45 secs of **Jump Squats** (No DB's) – Walking Lunges with DB's to step (If any get their before the group they must start step ups, timing starts when all are at the step).

45 sec Step ups Left Leg – Followed by Push ups onto step for 30 sec

45 sec Step ups Right Leg – Followed by Dips onto step for 30 sec

Repeat Lunges with Dumbbells back to starting point followed by 45 sec of **Burpees**.

**2<sup>nd</sup> set:** Repeat whole set with 30 seconds of 1<sup>st</sup> exercise 15 seconds of 2<sup>nd</sup>.

30 sec Step ups Left Leg – Followed by Push ups onto step for 15 sec etc.



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## **EXERCISE FOUR:** *Partner Abdominals & Leg Work*

Campers to complete 2 minute on each exercise, run through twice.

- A) **Over and Under Combo** (*2 minutes each Camper*)
- B) Wheel Barrows – 2 minute each Camper
- C) **Wheel Barrows Squat Combo** – 1 minute each Camper
- D) Hand Held Squats (*Hold opposite hands and perform a deep squat*)
- E) **Up Down Clap Combo** – 1 minute
- F) Crunches with Hand Touch– 2 minutes (*Crunch, touch hands in middle and Crunch again*).

**RECOVER AND STRETCH.**