

BOOT CAMP PRO WORKOUTS



Focus: Cardio ★★☆☆☆ Resistance ★★★★★

EQUIP: Cones and large open space. Dumbbells.

Warm-up: Group jog for 3 minutes followed by Skipping for 1 min and then Drag Runs (drag toe of rear leg) for 1 min - Repeat 2x

Exercise One, set one:

10 sec **Overhead Triceps Extension** – 20 sec Triceps Dips (straight leg on ground) – 30 sec Triceps (close grip) Push up

10 sec Triceps Dips – 20 sec Triceps Push up – 30 sec **Overhead Triceps Extension**

10 sec Triceps Push up – 20 sec **Overhead Triceps Extension** – 30 sec Triceps Dips.

Cardio set: Set up 5 cone lines - refer to diagram on right.

Run to 2nd line – **Tricep Crab Walk** to 3rd line drop and do 21

Push ups – backward lunge to 4th line do 21 **Squat**

Thrusters and sprint to 5th line. Jog back to first line.

Repeat with exercise reps of 18/15/12.

Exercise one, set two: 10 sec **Clean and Press** – 20 sec Push ups – 30 sec Biceps Curls

10 sec Push ups – 20 sec Biceps Curls – 30 sec

Clean and Press

10 sec Bicep Curl – 20 sec **Clean and Press** –

30 sec Push ups

Drop weights, Group Jog – 90 Seconds.

Cardio set: Same as Cardio Set above

Exercise one, set three:

10 sec **Sumo Squat Hold** – 20 sec **Squat Hold Front Raises** – 30 sec **Sumo Squat Hold** – 10 sec recovery – Shake legs (Repeat 3x)

Cardio set: Same as Cardio Set above

Exercise one, set four:

10 sec **Dumbbell Woodchop** – 20 sec **Single Leg Dumbbell Raises** – 30 sec **Shoulder Press** (Repeat 3x)

Group Jog – 90 Seconds.

Exercise one, set five:

10 sec Lunge Hold Right leg – 10 sec Hold Lunge Left leg

20 sec Lunge Pulse Right leg – 20 Sec Lunge Pulse Left leg

30 sec **Split Jump Lunge**

(Repeat 3x)

Exercise Two: Abdominals Set

Partner A holds arms straight out in front at shoulder height, Partner B does High Knees (trying to touch palms) go for 1 minute then C/over after 1 minute. Drop down time to 45 seconds and then 30 seconds.

Recover and Stretch

