



# BOOTCAMP PRO WORKOUTS

**FOCUS:** All Rounder Resistance/Cardio Cardio ★★☆☆★ Strength ★☆☆☆☆

**EQUIP:** Cones, DB's, Timer, sets of dice, circuit cards & Large Area

**SET UP:** around a large square (this way you can shuttle run between circuits).

**WARM-UP:** Run for 30 seconds – 30 **High Knees** – run 30 sec – 30 Fast High **Split Jump Lunge** – run 30 sec – 30 **Gut Busters** – Run for 15 seconds – 15 High Knees – run 15 sec – 15 Fast High **Split Jump Lunge** – run 15 sec – 15 Gut **Busters** Finish with 10 sec run – 10 quick Push ups – 10 sec run – 10 **Squat Jumps** – 10 sec run and finish with 10 **Burpees**.

**EXERCISE ONE:** *Dice Game* – Use Circuit Cards attached– one per team. Divide the group into teams of equal fitness (4 to 5 teams). One person from each team rolls two dice together, the whole group then follows with the corresponding exercises. For example, rolling a 2 and a 5 means they do a 30 second **Plank Up & Down** and a set of 10 **Burpees**. After each set they run the oval, run stairs or hill climbs for 2 minutes or any cardio exercise of choice.

Number 1. **Jump Squats 20**

Number 2. **Plank Up & Down** or **Plank Hip Splits (30 seconds)**

Number 3. **Split Jump Lunge 15**

Number 4 **Jump In's or Squat Thrusts 10**

Number 5. **Burpees 10**

Number 6. **Roll Ups 5**

**Roll Ups** – Squat down and roll back onto your back bring your knees and feet up towards your chest. Rock back & forth and plant your hands on either side of your feet and push yourself up into standing position.

Keep going until every person group has rolled the dice once (If less than 5 in the group go twice) then proceed with the Pyramid drill below

**EXERCISE TWO: Pyramid Drill** – Increasing reps in exercise decreasing reps in runs. Pyramid will take a different amount of time depending on the exercises you choose and group size.

5 **Reverse Lunge Fly's**

4 Shuttle runs to cone (Up and back is one rep)

10 **Reverse Lunge Fly's**

3 Shuttle runs

15 **Reverse Lunge Fly's**

2 Shuttle run

1 **Reverse Lunge Fly's**

1 Shuttle run

Repeat this Exercise with Partner **Push Up Dip Combo**.



**EXERCISE THREE:**

If time have group do a Plank off

Spilt into two equal groups

**Group A** – Does 50 Quick Squats

**Group B** – Plank Hold

Switch for 3 turns each.

**RECOVER AND STRETCH**