



BOOTCAMP PRO WORKOUTS

FOCUS: *Wet Weather/ Small Space workout* Cardio ★★☆☆★ Strength ☆☆☆☆☆

EQUIPMENT: *Cones, Timer, wall*

SET UP: *Mark out square area and 4 corners with cones.*

WARM-UP: *Game / Criss Cross*

Divide Campers into 4 teams. One team per corner. The object of the game is to see which team can get to the opposite (diagonal) corner the fastest using the designated method that the leader calls out (e.g. if the leader calls out "hopping," Campers in that team must hop to the opposite corner). This will create quite a "bottleneck" or "traffic jam" in the middle each time. Keep score of which team wins each crossing. First team to 5 wins.

Cross through using the below exercises or add some of your own - the possibilities are endless!

Hopping

Wheel barrow (Same position as [Wheel Barrow Squat Combo](#) but traveling without the Squat walking on hands)

[Triceps or Crab Walk](#)

Sprint

Backwards Walk

[Duck Walk](#) (without the Dumbbell)

[Frog Jump](#)

[Spiderman Walk](#)

[Commando Crawl](#)

[Side Shuffle](#)

Have Fun!!

EXERCISE ONE: *Cardio Pairs*

Split groups into Partners – Partners stand at opposite side of small area –

45 sec Mountain Climbers (Double time) – both Partners run to centre – 30 sec [Plank Leg Taps](#) – Stay in centre repeat 3x (At end walk back out to sides).

45 sec [Plank Jump Squat](#) (start in plank position jump feet in to just wider than shoulders and back out to plank) – run to centre – 30 sec [Squat Jump](#) & High Five your Partner (face each other & stay at the same pace). Stay in centre repeat 3x (At end walk back out to sides).

30 sec [Double Jump Jack](#) – run to centre – 45 sec [Push Up Hand Claps](#) – Stay in centre repeat 3x. (At end walk back out to sides).

30 sec [Knee Up/ Downs](#) – run to centre – 45 sec [Push Up Dip Combo](#) – Stay in centre repeat 3x



BOOT CAMP PRO WORKOUTS

EXERCISE TWO:

Both Partners lie on tummies at opposite ends of area – Instructor shouts “Now!” – both Partners jump up run to centre & perform 1 **Burpee** with **High Five** Jump – run back and lie on floor – repeat but increasing **Burpees** by 2 until they reach 10 **Burpee** with a **High Five** Partner Clap. Repeat but go back down to 2 and change Burpees to Push ups with **High Five** Clap.

EXERCISE THREE:

30 sec Wall Sit – 30 sec Wall Squats (Stay on wall & Squat deep, drive up & repeat) – both feet on floor

Wall Sit – 30sec Right Leg Extension – Right Leg extended, Left Leg on floor – 30 sec Left Leg extension

60sec Wall Sit lifting alt heels – 30 sec One Leg Wall Squats (Right Leg extended) – 30 sec One Leg Wall Squats (Left Leg extended)

EXERCISE FOUR: 60 sec **Full Sit Up** – 30 sec Leg Raises (Slowly 10 sec at time going up) 30 sec **Straight Leg Russian Twist** with heels up – 30 sec **Flutter Kicks** – repeat if time allows.

RECOVER AND STRETCH