

BOOT CAMP PRO WORKOUTS



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

EQUIPMENT: Cones, Timer, DB's, Skipping Ropes & Stairs

SET UP: Need to be near stairs or Hill

WARM-UP:

Working in pairs slow jogging to the other side of Oval and High knees back

2nd set Side Shuffle for 10 counts bending down touching right and shuffle back to the left 5 counts and touch left then continues all the way to other side working up and back down from cone to cone. Jog back.

3rd set Stay together 8 travelling Lunges grab partners shoulders and do 6 **Split Jump Lunges** and continue to other end and jog back to start and hold a wall squat until everyone is back. (Staying together on the **Split Jump Lunges** ensures you stay low and deep)

EXERCISE ONE: Strength Circuit - 20 min

Break campers into 5 groups – Have each group start at a different circuit, each circuit lasts 3 minutes with 15 sec break at rotation.

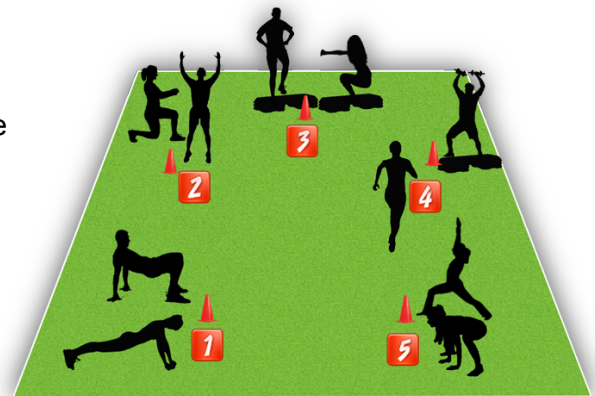
Station 1 - 25 Alt **Reverse Lunge Fly's** / then **Squat Jump** forward to cone

Station 2 – **Burpee / Dumbbell Push Back Row** (Complete **Burpee** first place weights on ground) jump up, run to cone

Station 3 - Stairs (after each set of stairs or Hill add 1 Push up at bottom and 1 at top)

Station 4 - Step ups with Dumbbells hold over head (2 minutes each leg)

Station 5 - 25 Mountain Climbers followed by 25 **Step Jumps** or **Switch Foot** or **High Knees**



EXERCISE TWO: Cardio circuit 20 min

Same set up as above 5 groups – Have each group start at a different circuit, each circuit lasts 3 minutes and rotate 15 sec break only at rotation.

Station 1 – Skipping

Station 2 - Shuttle runs (set out 5 lines and do suicides)

Station 3 – Hill Sprints or run with Med Ball or Dumbbell overhead

Station 4 – **Side Shuffle** to cone 15 meters and do 10 **Burpees** side shuffle back and do 1 **Plank Jump Squat** continue going up and down in reps for 4 minutes.

Station 5 – 25 Mountain Climbers or **Squat Thrusts** followed by 1 lap of Oval



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EXERCISE THREE: *Ab's circuit with cardio and Wall Squats*

Campers lay mats in a line near a wall, break Campers into 2 groups have 1 group run and put out at least 50 cones around the Oval while other group holds a Plank position.

When all cones are out the groups swap over so one is doing cardio picking up cones and other group starts a Wall hold. Continue putting out and retrieving for 6 rounds.

Round 1. Wall Hold – **Round 2.** Bicycle Crunches – **Round 3.** **Side Plank with Leg Raises** Left side – **Round 3.** **Plank with Leg Raises** Right side – **Round 4.** **Side Plank with Elbow Tap** Right Side – **Round 5.** **Side Plank with Elbow Tap** Left Side - **Round 6.** **Spiderman Climbs** feet must touch or come in line with hands.

RECOVER AND STRETCH