

BOOT CAMP PRO WORKOUTS

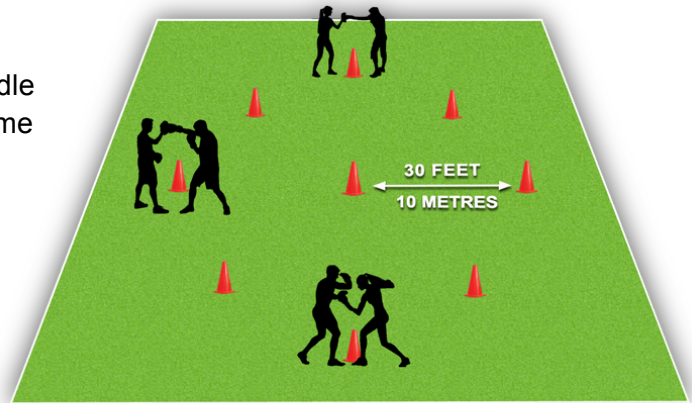


FOCUS: Boxing with Ab Focus

EQUIP: Cones, Pads & Gloves

WARM-UP: Set up large circle with cone in centre and cones spaced about 10 meters out from circle for shuttle runs. Pad holders and Boxers start with Jabs then sprint towards middle. Boxers continue around circle to next partner.

10 straight – 10 **Spilt Jump Lunge** – 1 sprint to middle cone – move to next partner 10 Upper Cuts Double time – 10 **Spilt Jump Lunge** – 1 sprint – move on – 10 High Jabs – 10 **Spilt Jump Lunge** – 1 sprint keep going 10 Jump Jack Punches (Punch into Pads both hands at the same time while jumping out legs) – 10 sec Quick Jumps and touch ground – 1 sprint to cone – 10 **Boxing Shuffle Jab** both arms – 10 Quick Jumps – 10 Jump Squat Punch and repeat with 20 and C/over.



EXERCISE ONE: Cardio

NOTE: Use set up above but instead of sprinting to the middle point, turn side on and both Pad Holders and Boxers Shuffle together.

Set 1.

20 Fast Jabs, 20 Power Jabs – 4 **Side Shuffle** – 4 Boxing Shuffle Jab (Double Arms Punch both hands punch at the same time) sprint back – 4 Push Ups

30 Fast Jabs, 30 Power Jabs – 6 **Side Shuffle** – 6 Upper Cuts High – sprint back – 6 Push Ups – 40 Fast Jabs, 40 Power Jabs – 8 **Side Shuffle** – 8 Upper Cuts High – 8 Push Ups

50 Fast Jabs 50 Power Jabs – 10 **Side Shuffle** – 10 Wide Hooks – sprint back – 10 Push ups

100 Quick Jabs & Change Over

Set 2. Both Lunge toward middle cone do the following

50 Upper Cuts – 5 Lunges towards outside cone arms up overhead and 5 **Split Jump Lunge** sprint to outer cone.

40 Upper Cuts – 4 Lunges towards middle cone – 30 Upper Cuts – 3 Lunges back out to outer cone and finish with 20 Power Upper Cuts.

30 Uppers 15 Split Jump Lunge – 20 Upper Cuts – 20 **Split Jump Lunge** – 10 Uppers – 25 High Jabs – **Split Jump Lunge**

C/over



EXERCISE TWO: *Power Speed round every 2nd pair of Campers around the circle is to complete cone runs to inner centre cone and back. Moving around the circle one pair completes the below exercise while the second pair along is doing sprints. This is simple if you just keep the 4 people next to each other doing opposites and keep changing over and changing to each other's stations after each set.*

30 sec Jabs **change stations** – Shuttle runs 30 sec, 30 sec Jabs Left arm only – Run – 30 sec – 30 sec Right arm only – Run – 30 sec Jabs – 30 Upper Cuts – Run 30 sec – 3 **Plank Jump Squat, change stations** Lunge 30 sec – 30 sec Hooks – 30 Shoulder Height Double Jabs – 3 **Plank Jump Squat**.
Switch with pair to your right after each set.

EXERCISE THREE: *Cardio with Ab's Focus*

Use centre cone of circle for starting point can lay mats down – start lying on tummy

Set 1. Tummy – Jump up 10 Straight Jabs – 1 sprint to outside cone – back to tummy

20 Jabs – 2 Sprints / 30 Jabs – 3 sprint – go to 50 Jabs and go back down, on way down sprint up and return with do **High Knees** back – continue 3 minutes

Set 2. 40 Straight Jabs leaning back to activate ab's – 20 Left Pause in centre – Right Jabs always start with Left first and Sit up – 40 Seated Wide Punches (oblique twist in V position) continue for 3 minutes

C/over

RECOVER AND STRETCH