



BOOTCAMP PRO WORKOUTS

FOCUS: Resistance with Running Cardio ★★★★★ Strength ★★★★★

EQUIPMENT: Cones, Timer, dumbbells

SET UP: Mark out square with two lines of cones 15-20 metres apart.

WARM-UP:

Campers line up in two groups at either end of cones in pairs.

Partner 1 Runs and tags Partner 2 and Partner 2 runs after and tags partner 1 -continue for 4 minutes.

While Camper is waiting to run call an exercise such as Push ups, Burpees, Side etc.

EXERCISE: Line Work

Set up two lines of cones about 15-20 meters apart start all Campers at one end commencing with 10 **Reverse Lunge Flies**.

Then **Side Shuffle** back to beginning and do 9 **Reverse Lunge Flies** – **Side Shuffle** back and do 8 and continue all the way down to 1(Remember to turn other way at 5 to work other leg).

Rest 1 minute and repeat with Squat Shoulder Press and run holding weights overhead continue from 10 – 1

EXERCISE TWO:

Complete 1 minute of each exercise followed by 1 minute of cone runs/alternating skipping/hill runs or stairs.

Hammer Curl Squat

Dumbbell **Clean & Press**

Diagonal Push Up's

Overhead Triceps Extensions

Alt Stationary **Side Lunges** weights to ground

One Leg Right **Pistol Squat**

One Leg Left **Pistol Squat**

Finish with 100 front Dumbbells Punches – 30 seconds rest – 80 Punches – 30 seconds rest – 40 Punches and rest for 1 minute.

EXERCISE THREE:

60 sec **Bicycle sit up with 5 sec Pause** – 30 sec **Plank Hip Splits**

Repeat x3

RECOVER AND STRETCH