



# BOOTCAMP PRO WORKOUTS

**FOCUS:** Cardio Big Leg Focus Cardio ★★☆☆☆ Strength ★☆☆☆☆

**EQUIP:** Cones, DB's, Timer & Large Area

**SET UP:** Mark out a large square - this way you can have them shuttle run between circuits.

**WARM-UP:** Left's & Rights

Everything done to left finishes with Push Ups, everything done to right finishes with Squats on Instructors calls. Start with a low number of reps - it is a warm up so 2 – 4 reps and work up then down to no more than 2 reps to finish.

Run left – 2 Push ups – Run right – 2 Squats

Side Shuffle right 2 Squats – Side Shuffle left 2 Push ups

High Knees right 2 Squats – High Knees left – 2 Push ups

Back Pedal right – 2 Squats – Back Pedal left – 2 Push ups

Keep campers moving left and right, doing Push ups and Squats at end of each for 10 mins

**EXERCISE ONE:** Mini circuit with exercise add-ons

This workout basically a mini circuit with sprints except Campers start with just the first exercise at each station, return back to original station and do the 1<sup>st</sup> plus add on the 2<sup>nd</sup> exercise with number of reps assigned. So round 1 is one exercise, round 2 is the 1<sup>st</sup> exercise followed by the 2<sup>nd</sup> and the 3<sup>rd</sup> round would be the 1<sup>st</sup> exercise plus 2<sup>nd</sup> plus & 3<sup>rd</sup>, etc. Finish the round off with a group challenge once they are at exercise 4 before you have them reverse the sequence starting on exercise 4 working back up to the 1<sup>st</sup>.

**NOTE:** You may increase the reps by 2 each time you repeat the same exercise if you want to make it harder.

**Station #1**

1. Tuck Jumps – 10 reps
2. Side to Side moving Plank - either up on hands or forearms - 20 reps (10 each direction)
3. Boot Strappers or Knee up and downs – 10 reps
4. Spiderman Climb – 10 reps

**1<sup>st</sup> Team Challenge Mini Olympics**

Break teams into two groups each group must do all of below and the winning team can rest while their opponent does 25 sit ups.

Runs 20 laps (10 up and back)

Wheel barrow walk to 10 meter – Backward run on return 5 Laps

Squat Jump Burpees – High knees back 5 Laps (Can changeover pairs after each lap)

Tricep/crab Walk to 10 meter line – Side plank walk back 4 Laps

Continue with Station 1 starting from exercise 4 back down to exercise 1.



**2nd Team Challenge – 500 Sit up's**

Each group must do a collective total of 500 sit ups (count up number of campers in group and divide by 500).

*Winners rest – Losers take a recovery walk holding DB overhead*

**Station #2**

1. Double Jump **Burpees** 10 reps

2. Roll up **Squat Jump** do a roll up squat and add a jump at end 10 reps

*Roll Ups Squats – 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. Now follow with a **High Knee Jump** to finish.*

3. **Side ski** (double count) 10 reps

4. Push ups (any kind) 10 reps

Reverse straight away if time permits.

**RECOVER AND STRETCH**