

BOOT CAMP PRO WORKOUTS



FOCUS: Cardio All Rounder Cardio ★★☆☆☆

Strength ★☆☆☆☆

EQUIPMENT: Cones, timer, dumbbells, hill or stairs.

SET UP: (see warm-up)

WARM-UP: Dumbbell Agility run 20min

Need a distance marked out with cones, approx. 50 metres. Have a line of cones at half way point (25 metres).

Set 1. Campers run with dumbbells to half way line, put down dumbbells sprint to end, come back pick up their dumbbells and run back to start.

Set 2. Campers run doing alternating dumbbell shoulder press as they go, at half way line complete 20 **Dumbbell Touch Squats**, put down dumbbells and sprint to end and back, pick up dumbbells alternating Shoulder Press as they return to starting position.

Set 3. Campers **dumbbells Squat** Step with dumbbells by sides, alternate **dumbbell touch squat** on the ground with Dumbbells whilst moving until at half way line then put down Dumbbells – sprint to end and back, pick up dumbbells. Side ground touches with dumbbells back to start. (Similar to **dumbbell duck walk** get down low and alt dumbbells touching ground on either side) - Repeat x3

EXERCISE TWO: 2min Cardio Drills 30 min

Need a set of Stairs or Hills. Do each exercise for 2 minutes, complete a full round then rest.

Round 1 ~ Stairs/Hills (2 mins) 10 x Push ups 10 x Dumbbell row (alternating for 2min) – Stairs/Hills (2 mins)

Round 2~ Squat with Hammer curl (2 mins) – stairs/hills (2 mins) – step Lunges with Biceps curl (2 mins)

Round 3 ~ Stairs/Hills (2 mins) 10 x **Overhead Triceps Extension** 10 x Triceps Push ups (close hand grip) – stairs/hills

Round 4 ~ **T Rotation** Plank (30sec left side Plank, 1min centre Plank, 30sec Right side Plank) – stairs/Hills (2 mins) – **T Rotation** Plank

EXERCISE THREE:

Same as above but Lunge to center line (25 meters) and sprint the rest of the way return with backward **high knees** to center line, turn and sprint back. Repeat through until tired up to 5 times.



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EXERCISE FOUR: *Cardio game*

Break participants into 2 groups - 1 person runs to far line of cones and back and picks up 2nd person in group, linking arms they both run to cone and so on. 1st team to have collected all in team wins. (Have those waiting in line hold a Plank position 45 sec, 45 sec quick squats or 45 sec crunches - keep reducing time until all through).

EXERCISE THREE: *Ab's set*

90 sec –sit ups and bicep curl at top with Dumbbells – 45 sec **V Sit Pull Back** legs slightly off ground

60 sec – **Straight Arm Full Sit Up** – 30 sec **Straight Leg Russian Twist** (legs off ground)

RECOVER AND STRETCH