



FOCUS: Resistance Cardio ★★☆☆☆ Strength ★★★★★

EQUIP: Cones, Skipping Ropes, Bench or Step, dumbbells

WARM-UP: Go for a Jog every 30 seconds pick it up to a Sprint for 15 seconds and back to a Jog for 30 seconds - go for 4 minutes.

EXERCISE ONE: 5 x Tables

In this workout, Campers will add 5 reps on to each exercises or set.
The time it takes to complete this workout will depend upon which exercises you choose.

Set 1. 1 x 5 reps Step ups start with dumbbells – rest 15 seconds

Set 2. 1 x 5 reps Step ups
1x 10 reps **Tricep Dip** on bench or Triceps Push ups – Rest

Set 3. 1 x 5 reps Step ups
1x 10 reps **Tricep Dip** on bench or Triceps Push ups
1x 15 reps **High 5 (Sky to Ground)** (wide legs) – Rest

Set 4. 1 x 5 reps Step ups
1x10 reps **Tricep Dip** on bench or Triceps Push ups
1x 15 reps **High 5 (Sky to Ground)** (wide legs)
1x20 reps moving alt Lunges with dumbbells – Rest for 1 – 2 minutes

EXERCISE TWO: Partner exercises 30 seconds each set - rest 15sec

1. Partner **Push Up Dip Combo** – 30 seconds – rest 15 sec
2. Partner **Push Up Hand Claps** – 30 seconds – rest 15 sec
3. Partner **Over & Under Combo** – 30 seconds – rest 15 sec
4. Partner **Burpee High 5 Combo** (Burpee followed by a Jump **Squat** when in air High 5 your Partner) – 30 seconds – rest 15 sec
5. Partner **Up Down Clap Combo** – 30 seconds – rest 15 sec
6. **Assisted PushUp Walk** Each Partner to complete 30 seconds and change over on 15 second rest.
7. **Resisted Sprints** Each Partner to complete 30 seconds and change over on 15 second rest.
8. **WheelBarrow Squat Combo** Each Partner to complete 30 seconds and change over on 15 second rest.

REST



EXERCISE THREE: *Skipping Rope Challenge*

Skipping Rope is needed for this one.

1. Skip for 2.5 minutes, **Plank Jump Squat** 30 seconds
2. Skip for 2 minutes, **Plank Jump Squat** 60 seconds
3. Skip for 1.5 minutes, **Plank Jump Squat** 90 seconds

Rest 1 minute

Repeat process again but replace **Plank Jump Squat** with **Knee Up Downs** holding Skipping Rope overhead.

RECOVER AND STRETCH