

BOOT CAMP PRO WORKOUTS



FOCUS: All-rounder Cardio/Resistance

EQUIPMENT: Cones, Light Dumbbells, Timer.

WARM-UP:

5-8min- 1 minute each set

Tabatas: 20 seconds working and 10 seconds rest

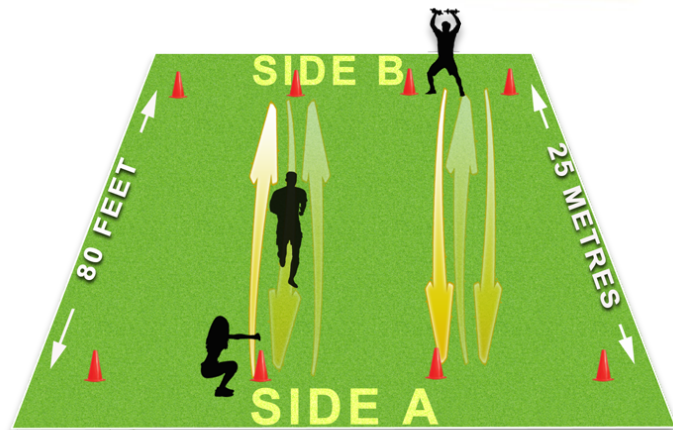
Sprint starts (Slow Lunge and Reach) – Mountain climbers - After 1st set Jog to other side and return with back pedal

Side Lunges Left and Right – **Split Jump Lunge**

Jog to other side and return with back pedal to start

Elbow to knee – **High Knees**.

Jog to other side and back



EXERCISE ONE:

Campers line up on both sides facing each other with DB's

Person on side A performs first resistance exercise for 1min (person on side B does first cardio exercise for 1min).

Each Camper picks up DB's and runs across and back three times to end up on opposite side to their start. Swap and do first exercise on opposite side is then completed before running back 3 times to land back on their starting side again.

Set	Side A (resistance)	Side B (Cardio)	Interval
1	Pulsing Squats	Burpees	Run 3 lengths
2	Jump Squats with DB's on shoulders	Clean & Press Dumbbells to ground	Run 3 lengths
3	Dumbbell Wood Chop	Split Jump Lunge weight by side	Run 3 lengths
4	Reverse Lunge flies	Triceps kickback behind head	Run 3 lengths
5	Power Jacks	Side Ski Jumps	Run 3 lengths
6	High Knees	forward & Back Jump	Run 6 lengths

EXERCISE TWO:

Interval Training: Sprinting between Side A and Side B for 20 seconds duration followed by 10 seconds of walking. Repeat and continue for 2 minutes in total (4 cycles).

EXERCISE THREE: *Boxing with Dumbbells – gloves, pads, DBs required.*

Start Boxing leading with Right arm at the start of every set. Cross Jab – 1, pause, Jab 12, pause, 123, pause, 1234 (up to 20, then change arms leading with Left first).

30 second Cross Jabs then run to other side (holding DBs)

30 second up High Punches (above head) and then run back

30 second Squat Hold with Upper Cuts then run back to other side

30 second Squat Hold with Upper Cuts 1, 2, Jab 1,2, run back to other side

30 seconds sprinting between sides

30 seconds Upper Cuts then sprint back to other side.

EXERCISE FOUR: ABS

45sec of **Dumbbell Russian Twist** with DB's

45 sec of **Full Sit ups** DB's on Chest

Repeat with 30sec of above

Finish with **Turkish Get ups** 5 on each side DB in R hand repeat with DB in L