

# BOOT CAMP PRO WORKOUTS



**FOCUS:** *Wet Weather* Cardio ★★☆☆☆

Resistance ★★★★★

**EQUIPMENT:** *Timer, Skipping Ropes, dumbbells*

**SET UP:** *(small space with 15 meter run and bench)*

**WARM-UP:** *8 min*

Skip fast – 1min, Skip slow – 30sec, Skip fast – 1min, Skip slow – 30sec - Repeat x 3

## **EXERCISE ONE:**

Set up mats in a straight line in undercover area, get the Campers to start with 20 Crunches / **Half Sit Up** followed by 10 Wide Push Ups / **V Push Ups** then run around whatever area is available. If space too small set up a 10 meter shuttle run.

Continue decreasing in reps:

20 Crunches – 10 Push Ups continue decreasing reps by 2's until you reach 10 crunches.

18 – 8, 16 – 6, 14 – 4, 12 – 2, 10 – 1 after 10 Crunches and 1 Push up change exercises

Push ups become **Jump Squats** starting at 10 and Crunches become **Tricep Dips** starting at 20.

10 **Plank Jump Squats** – 20 **Tricep Dips**

8 **Plank Jump Squats** – 18 **Tricep Dips**

6 **Plank Jump Squats** – 16 **Tricep Dips**

4 **Plank Jump Squats** – 14 **Tricep Dips**

2 **Plank Jump Squats** – 12 **Tricep Dips**

1 **Plank Jump Squats** – 10 **Tricep Dips**

## **EXERCISE TWO:** *Legs (Put Campers against a wall or fence if available, with Dumbbells) 10 mins*

1 min – Side Leg Raises – Right side (Hold weights on the working leg) other hand on wall followed by 30 sec – Pulsing Raises ½ range keeping leg high and core tight no rest after 1<sup>st</sup> minute.

1 min – Side Leg Raises – Left side (Hold weights on the working leg) other hand on wall – 30 sec – Pulsing Raises ½ range keeping leg high and core tight.

Rest and shake out legs for 30 seconds

Front Leg Kicks using wall – turn front on and balance on Left foot while keeping knee soft, Right foot does low kicks to wall starting at 1 Kick then return foot to ground and then 1, 2 return etc. until you get to 10 at 10 decreasing back down to 1. (This is tougher than it looks and for added intensity raise the working foot higher or go low medium high kicks).

Rest and shake out legs for 30 seconds

Repeat this whole sequence on Left Leg

1 min – Wall Squats, 3 count tempo down and Drive back up the wall fast – (Weights on shoulders)

30 sec – Wall Squats with – Bicep Curls



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1 min – Wall Squats with Shoulder Press no tempo but go as low down as possible before driving back up and Push weights overhead – (If too hard or some are weak in shoulders drop one Dumbbell and turn on end to half the weight)

30 sec – Right Leg **Pistol Squats** – (all weight on one leg can use Dumbbell on leg for added intensity)

40 sec – Left Leg **Pistol Squats**

## **EXERCISE THREE:** *Ab's*

On Trainers call repeat x 3

Plank 60 sec – 30 x **Dumbbell Russian Twist** – Plank 45 sec – 30 x **Dumbbell Russian Twist** – Plank 30 sec – 30 x **Dumbbell Russian Twist**

## **RECOVER AND STRETCH**