

# BOOT CAMP PRO WORKOUTS



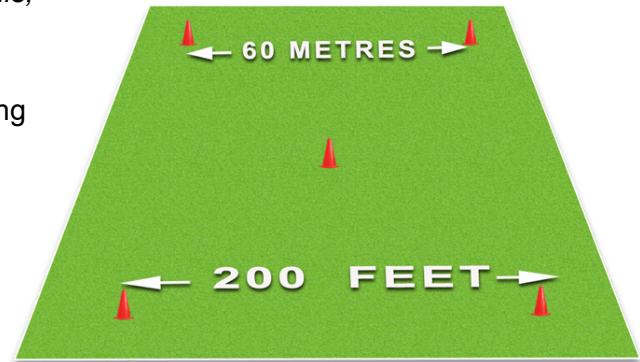
**FOCUS:** Leg Focus. Cardio ★★★★★ Strength ★★★★★

**EQUIP:** Cones, Large space for shuttle run, dumbbells, boxing pads & gloves.

**SET UP:** See diagram

**WARM-UP:** Start slowly as this is a warm up – using cone set up but only running to half way point at 30 meters. Complete as a group, using dumbbells.

Campers start at 1<sup>st</sup> line and complete 30 sec of Prisoner Squats with DB's to front. Walking Lunges to centre point or 30 meters, Campers there first wait in squat position for remainder of Campers.



At Centre point 30 sec **High Knees** (no DB's), followed by 30 sec **Knee Up Downs** alt leading leg

Repeat lunges back to start and complete 30 sec of **Jump Squats**.

## **EXERCISE ONE:** Touch Drills

Using the whole 60 meter distance marked out with cones. Have Campers place there mats at start facing toward cones. Drill goes to 90 seconds, continue running and touching for 90 seconds, then rest. Each time Campers return to their mats they must lay flat down on stomach before continuing.

90 seconds – Sprint forward touch ground once, run high knees backwards and lay flat on stomach once. Rest

90 seconds – Sprint forward touch ground twice (touch, reach arms up, touch, and reach up), High knees backwards drop to stomach twice. Rest

90 seconds – Sprint forward touch ground three times, run backwards drop to stomach three times. Rest

## **EXERCISE TWO:** Team Challenges

Place Campers in 4 groups approx. 5 people in each group.

Set up a simple circuit, each Camper doing 50 reps of each set exercise – As a group Campers start at different stations and must complete whole circuit as a team! NOTE: If any member of the team is struggling another team member may choose to do some of their reps for them. Also it may be easier to do 2 rounds of 25 reps each exercise. First team to complete circuit wins the challenge and gets to rest!

1. Wide or **V Push ups**
2. Alt Lunges
3. Dips
4. **Clean & Press** with Dumbbells

Losing team must complete following exercise while winning team slowly jogs around outside of cones completing shadow boxing.



**EXERCISE THREE:** *Losing team only* – Use 2 cone set up as above.

1 min Plank – run too far cone back (If anyone drops they start again)

45sec **Plank with Side Leg Taps** – run to cones twice and back

30 sec **Burpees** – run to cones three times and back

Winning Team Slow Jog around the outside of coned area stopping at each corner and performing **shadow** Boxing.

Corner 1. - 60 Cross Jabs

Corner 2. - 50 Hooks

Corner 4.- 40 Upper Cuts

Corner 4 - 30 Speed balls (overhead and fast)

**RECOVER AND STRETCH**