

BOOT CAMP PRO WORKOUTS



FOCUS: All Rounder Core. Cardio ★★☆☆★ Strength ★☆☆☆☆

EQUIP: Cones, Large space, DB's

WARM-UP: Play a game of Bullrush (Everyone start outside circle & try to cross to other side. The person/s in the middle have to tag them) people tagged then join in and help tag. Continue until everyone out.

EXERCISE ONE: Strength

Campers start at outer circle of cones with Dumbbells.

Complete entire set before resting

1min Squat Presses (Squat with **Shoulder press**)

1min Stationary Left leg Lunge

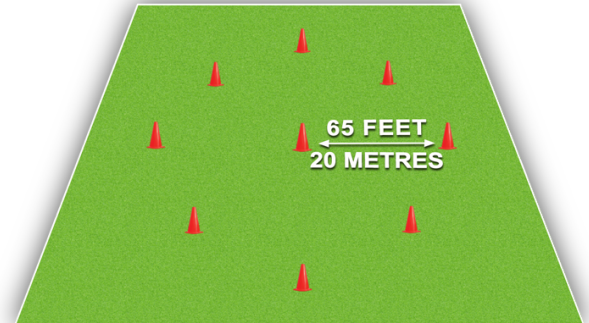
1min Chest Flies (chest - standing) 1min Reverse Flies
(back - leaning/bent over)

1min Stationary Right Leg Lunge

1min Triceps Overhead Extension

1min Bicep Curls (If weights too light do ½ range pulses)

1min Running or walking around circle with D/B above head at own pace



EXERCISE TWO: Cardio

Set up as above each Camper at their own cone (2-3 at a cone if necessary) Do 30 seconds of exercise then run to next cone, when all the way around campers must run one full lap of circle back to start cone. Repeat full circuit once.

30 sec – Mountain Climbers – 30sec – **Burpees** – 30sec – **Jump Squats** – 30sec – **Tuck Jumps**

30 sec – **Fast Feet** on spot 30sec – **High Knees** – 30 sec – **Side Ski** – 30sec – **Pop Ups**

30 sec – Lunge Kicks 30sec – **Half Jacks** – Run Circle

EXERCISE THREE: Cardio Ab's

Set 1

Everyone in the inner circle close together and lying face down in Push up position, your hands should almost touch (very tight circle but leave room between your feet so have legs wide. If they can't do full push up they can do it on knees ensuring legs stay flat so group is able to jump over them.

Person A start by Jumping up from Push up position and side shuffles or runs around circle jumping over everyone's legs until they are back at their place and the next person goes. (The rest of group continue doing Push ups) after all through rest 30 seconds

Set 2

Plank hold and continue to jump over and around circle – 30 seconds rest

Set 3

Group Flips over onto back but stays in circle with feet facing the centre of the circle. Hands under butts, everyone lifts their feet two inches off the ground, and for the next five minutes, call out exercises (i.e., **Flutter kicks**, **Side Plank with Leg Lifts**, Scissor Kicks, etc.) There are only two rules: everyone's legs must be locked at all times (no bent knees), and your feet cannot touch the ground until the whole routine is over. The key is to switch between exercises enough that they never totally reach the point of failure for any given exercise, but are always teetering on the brink of failure.

RECOVER & STRETCH