

BOOT CAMP PRO WORKOUTS



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

EQUIP: Cones, large space, Dumbbells

SET UP: See Diagram

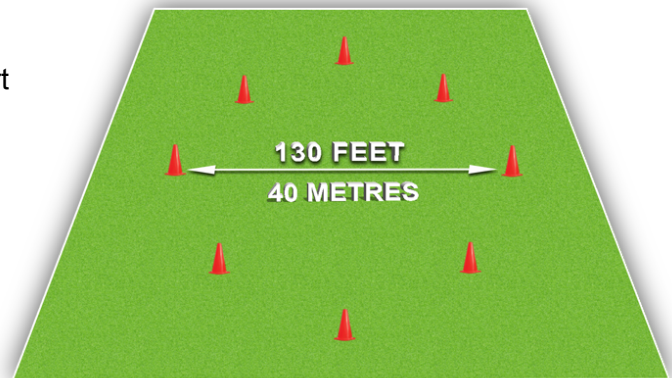
WARM-UP: 10 minutes.

Get Campers spaced around the circle & have them start with walking on the spot picking up to a jog.

Pick someone out at random and ask what day of the month they were born and proceed with that number of reps for below exercises.

Squats – **Jumping Jacks** – Jabs (each arm) – Upper Cuts (each arm)

E.g. – Jenny was born on the 24th so do 24 jabs each side then continue walking/jogging on the spot.



EXERCISE ONE: Resistance Set 1 10min

Campers spaced out around circle, start everyone together with Dumbbells, no rest until end of 1st set, do 3 sets.

20 Squats with single DB under chin on side

20 reps Side Lateral Raises (moving around Circle)

20 Bicep Curls (Both arms together)

20 Alt Overhead **Shoulder Press** weights facing in (moving around Circle)

20 **Overhead Triceps Extensions** both at same time

20 Alt **Overhead Dumbbell Punches** with DB's (moving around Circle)

Run 1 lap and repeat with 15 reps run lap and then 10 reps and run lap.

When back at start Campers to perform Bottom Half **Pulsing Squats** until all Campers are back.

EXERCISE TWO: Resistance Set 2 10min

Same set up as above, start all together no rest

20 **Jumps Squats** / 20 Lunge kicks (10 each leg) / 20 **Side Ski jumps** / 20 **Power Jacks**

20 Push ups – run around circle, When back at start Campers go to centre circle and do **Plank Up & Down** on hands until all Campers are back.

Repeat with 10 and run lap and 8 and run lap.

Repeat both again

EXERCISE THREE: Strength / Cardio Arm Challenge

Campers and are not allowed to put Dumbbells down for each a total of 5 minutes

30 sec – Walking with Dumbbells above head – 30 sec Walking with Hammer Curls – 30 sec – **Overhead Alt Dumbbell Punch** – 30 sec – Jog with DB's at shoulder height – 30 sec – Squats with Front Shoulder Raises – 30 sec – Power walking **Overhead Triceps Extensions** position behind head – 30 sec – Squat Hold with Upper Cuts – 30 sec – Power walking punching out front – 30 sec – Jogging with Dumbbells by side – 30 sec – Walking with Dumbbells above head DROP DUMB BELLS! Rest.



EXERCISE FOUR: *Abdominals*

Campers lay on mats spaced out around circle do full circuit, then rest 1 minute and repeat
1 min Plank – 30 sec **Plank with Leg Lift** (Left side) – 30 sec **Plank with Leg Lift** (Right side)
– 30 sec – **Bicycle Sit Ups** – 30 sec **Dumbbell Russian Twists** – 1 min **half sit ups**

RECOVER AND STRETCH