



BOOTCAMP PRO WORKOUTS

FOCUS: All Rounder & Abdominals. Cardio ★★★★★ Strength ★★★★★

EQUIPMENT: Cones, Dumbbells & Skipping Ropes

SET UP: Need to be near bench, curb, Hill or stairs.

WARM-UP: Skipping Intervals

Split group up Team A – Head out for a 90 second run Team B – Skipping 90 seconds change over

EXERCISE ONE: Group Challenge 20 min

Complete all exercises as quickly as possible without comprising form & technique.

After each exercise Campers must run to a set point at least 30 meters up and back. E.g. if using a car park run to end and back.

For first 5 exercises try to use a car park or somewhere safe with a very low step

Cardio Set 100 to 1

1. **High 5 to Sky and Ground** – 100 reps – followed by run or walk to set point
2. Skipping with Ropes – 90 reps (If group too large break into 2 and have half the group do next exercise and switch over). – followed by run or walk to set point
3. **Step Jumps** – 80 reps (stand face on to curb, jump up onto the curb and back down into street, repeat for rep number. **Note:** keep abdominals in at all times).
4. **Switch Foot** – 70 reps Fast and High – followed by run or walk to set point
5. **Step Walk up** – 60reps as fast as possible – followed by run or walk to set point
6. **Spiderman Climb** – 50 reps – followed by run or walk to set point
7. **Squat Thrusts** – 40 reps – followed by run or walk to set point
- 8 **Straight Leg Dips** – 30 reps on curb – followed by run or walk to set point
- 9 **Body Builders** – 20 reps – followed by run or walk to set point
Start from standing, squat down with hands on the ground then shoot legs out behind you until you are in a top of push up/plank position. Jump feet out into wide-legged position and Complete one push up. Jump feet back together, and then quickly hop feet back in to hands and return to squat position and jump up, extending arms overhead. Repeat
10. **Tuck Jumps** – 10 reps – followed by run or walk to set point

Repeat entire set starting with Step Jumps 10 and finishing with Tuck Jumps 1 rep and your done!



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EXERCISE TWO:

Olympic Challenge with Abdominal focus (If time permits)

Set up a cone 15 metres away from start.

12 Walking Lunges (hold one Dumbbell up high Abs in) – Run to cone if not already there drop Dumbbell and complete **12 Pop Ups** (*Start in the top of a push up position. Jump your feet in towards your hands just like a jump in, simultaneously lifting your hands off the ground, and landing in a deep squat. Put your hands back on the ground and step back into the starting position to make it easier perform*) **Squat Thrusts**.

(No weights) **12 Push Ups** – Shoot Hoops to cone (complete Big **Traveling Jump Squats** dropping butt but as you come up you pretend to shoot a hoop into basket HIGH jump with arms high).

12 Crunches – Bear Crawl Back – Repeat 10 reps and then 8.

RECOVER AND STRETCH