

# BOOT CAMP PRO WORKOUTS



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

**EQUIPMENT:** Cones, Timer, mats, dumbbells

**SET UP:** (see diagram)

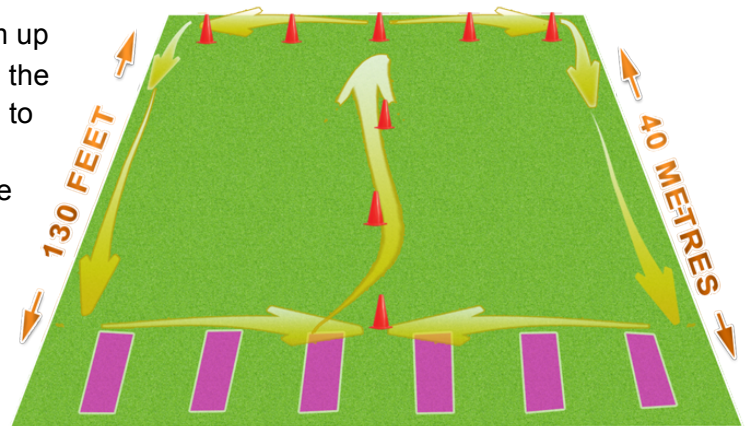
**WARM-UP:** Use Set up for both warm up and exercise starting with mats in a row and the bottom of a large square with enough space to jump over, then set up 4 cones 10 meters apart for shuttle run through the centre of the square.

Starting point is Mats the Campers closest to the middle cone goes 1<sup>st</sup> and starts Zig Zagging around cones with the rest of group following up the middle of set up.

Once at the top cone both groups split heading Left and Right and when they reach the corner of square they Lunge for 20 seconds towards mats and on trainers call sprint back to their own mat. At mats they perform squats until everyone is back and then the whole sequence is repeated again with Camper closest to the middle shuttle cone going first.

Repeat but reduce the Lunge time to 15 sec and change the Squats on mats to **High Knees**. Repeat last time reduce Lunges to 10 sec and on mats perform **Knee Ups Downs**.

(**Knee Ups Downs** – Stand with feet hip distance apart – kneel down one leg at a time – then stand up – repeat with other leg so alternating leading leg each time).



## **EXERCISE ONE:** Cardio Pairs

Partner1 – Starts from mat perform a Push up then sprints to the other end and performs a **Jump Squat**, keep going for 1 minute. Partner2 – Completes a body weight exercise in middle of square (or marked area) for 1 min.

Swap over and continue for up to 15 mins allowing 15 sec for change over.

## **Compound Strength Exercises:**

1. **Burpees** with **Dumbbell Push up Back Row** – 1 minute (perform all exercises in order while holding the DB's, the row is alternate sides).
2. **Dumbbell Squat Press** (Do not need bench) – 1 minute (Ensure DB's touch the ground).
3. Alt **Dumbbell Woodchop** (Plie squat position holding one DB while in squat position as you stand you switch Dumbbell to other hand in mid-air) – 1 minute
4. **Hammer Curl Squat** – 1 minute
5. Squat Upright Row – 1 minute (Ensure DB on end remains close to body at all times and touches the ground, then comes up to just under chin, shoulders back and down at all times).



**EXERCISE TWO:** 8 min

Mini Cardio circuit – Repeat circuit x 2

**Dumbbell Squat** (Weights optional) 1 min

Push up 30 sec

**Travelling Squats** 1 min

**Plank Jump Squat** 1 min

**Traveling Jump Squat** (Weights optional) 1 min

**Squat Thrusts** or Mountain Climbers 30 sec

**Split Jump Lunge** (Weights optional) 1 min

Jump over mat or **Forward and Back Jump** 1 min

**EXERCISE THREE:** Ab's set

**Set 1.** 100 club – 25 Sit ups – 25 Oblique Crunches Right – **Dumbbell Russian Twist** – 25 Oblique Crunches Left

Rest 30 seconds

**Set 2. Ab Roll Up** – Laying down on back on mat, get up to standing position x 25

Plank – **Side Plank with Elbow** x 25 – Plank claps with partner x25 – **Side Plank with Elbow** (other side) – x25

**RECOVER AND STRETCH**