



BOOTCAMP PRO WORKOUTS

FOCUS: Cardio *Leg Focus*

Cardio ★★☆☆★ Strength ★★★★★

EQUIP: *Timer*

SET UP: *Large space.*

WARM-UP: 5-8min (20 seconds per exercise)

Jog for 3 minutes

Double Jump Jacks x 20

Prisoner Squat x 20

Jog for 3 minutes

Rest 1 minute and repeat twice more.

EXERCISE ONE: Cardio Set – Instruct everyone to get into a circle with instructor to demonstrate and motivate - Total of 3 Rounds 1st round 30 seconds – 2nd round 45 seconds – 3rd round 30 seconds per exercise.

Vertical Jump

Fast Feet

Double Jump Jack

Forward and back Jump

Hi5 Sky to Ground

Jumping Jack with Front Kicks

Jog for 3 mins after all 3 rounds are complete then take a 2 minute break

EXERCISE TWO: *Controlled circuit. Instructor to demonstrate using control. 1 min per exercise.*

Bodyweight Squat

Close-Grip Push up

Plank with Side Leg Taps

Reverse Lunge Flies Left

Reverse Lunge Flies Right

Spiderman Climb

Pistol Squat Right Leg

Pistol Squat Left Leg

Plank Hip Splits

Side Bend Squat

Pop Ups

EXERCISE THREE: *Abdominals (Ensure the Pop Ups are completed slowly & with correct form. No racing or timing needed).*

4 **Pop Up's** or **Jump Ins** – Plank 10 seconds

6 Pop Up's or Jump Ins – Plank 20 seconds

8 Pop Up's or Jump Ins – Plank 30 seconds

8 Pop Up's or Jump Ins – Plank 40 seconds

6 Pop Up's or Jump Ins – Plank 50 seconds

4 Pop Up's or Jump Ins – Plank 60 seconds

RECOVER AND STRETCH