

BOOT CAMP PRO WORKOUTS



FOCUS: Cardio ★★★★★ Strength ★★★★★

EQUIP: Cones, Timer, Bench, medicine ball

WARM-UP: 30 sec each exercise – repeat

Level 1 – Bend down (using legs, not back) touching alternate feet

Level 2 – Bend down touching floor at feet take alternate legs back (almost like a lunge)

Level 3 – Bend down touching floor out in front and take alternate legs back

Repeat but these times lift arms above head when returning to standing position

Level 1 – **Side Ski** normal

Level 2 – **Side Ski** touch feet

EXERCISE ONE: Cardio Leg Focus

30 sec each exercise with 15sec rest in-between

Right leg Step up – Starting standing on bench, right leg stays on bench and left leg comes down to lightly touch floor and straight back up not too slow

Left leg Step up – same as above

Right Side Step up – Standing at bench side-on step up with right leg

Left Side Step up – same as above

Alt Step ups for 1 minute to finish

EXERCISE TWO: Cardio Conditioning

1 minute skipping – 30 sec rest repeat 3 x – 1 minute Star Jumps – 30 sec rest

1 minute Quick Jumps (Back and forward and side to side at your call) – 30 sec rest

1 minute **High Knees** – elbows tucked gently into waist and forearms parallel to floor hands into fists, aim at getting knees to touch fists – 1 min Burpees – 1 min Mountain Climbers – 30 sec rest repeat whole sequence 3 x (on 2nd and 3rd set do 45 seconds then 30sec)

EXERCISE THREE Cardio Clock Work

Exercise 1 – Set cones up like a clock formation cones 3 meters apart and have a smaller clock in the center.

Campers have to start each standing at a cone – run to center cone run backwards to next cone clockwise repeating until back at initial cone.

Exercise 2 – Start same as above but when they reach next cone along on outer cones do 2 Push ups, next cone 2 Burpees and repeat sequence until back to starting cone.

Exercise 4 – Same set up this time start in middle of clock do 2 **jump squats**, run out from centre to next cone back to middle go up in 2s and do 4 **Jump squats** to 10 and back down to 2 (You are only to do an exercise at middle point).

Exercise 3 – Split campers into two groups - One group towards centre of cones the other on the outside taking it in turns from outer cones 1 person throws Med ball to inside group the person that gets ball must do a **Jump squat Burpee** with Ball and throw back continue around circle until everyone has done a **Jump squat Burpee**. Camper on outside cones after throwing ball must run or Lunge around circle continue until all through and C/over.

RECOVER AND STRETCH