



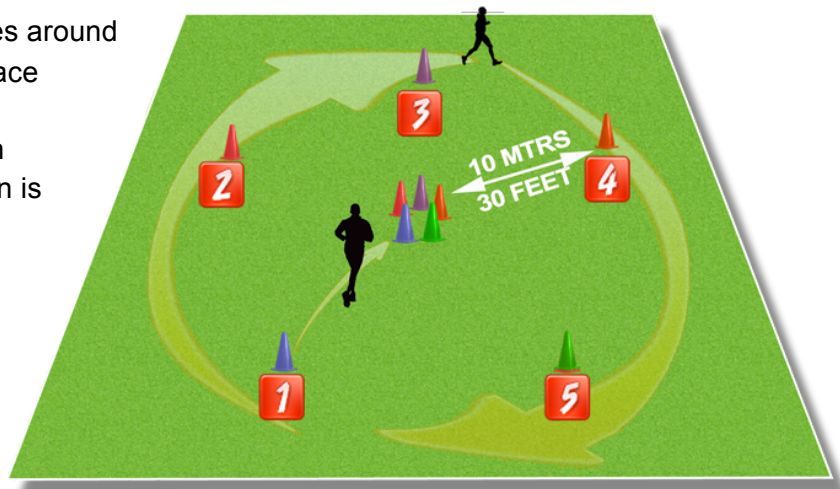
**FOCUS:** Circuit. Cardio ★★☆☆★ Strength ★☆☆☆☆

**EQUIP:** Cones, timer, circuit cards

**WARM-UP:** Start Campers light jogging around the outer circle of cones in a clockwise direction for 2 min. Next have them stop at a cone and travel towards the middle cones whilst doing Butt Kicks. At middle they complete 30 seconds of **Power Jacks** before returning to outer cones with **High Knees**. Repeat this 3 times. Finish with a set of running leg extensions (still moving to centre cones) big movement drag legs out behind to centre cones and **High knees** back to start point 1 minute. \* For a variation use Lunges or **Side shuffle**.

**EXERCISE ONE:** Set up 5 cones around outside of circle and 5 on inner circle. Place circuit card sets on all cones.

If you have more than 10 people you can double up on stations. After the 1<sup>st</sup> station is complete they change stations during 1-minute rest. Each circuit last 6 minutes. Campers work in pairs doing different circuits. Each pair must run through the exercise as many times as they can during the 6 minutes aiming to get all 3 variations completed.



**Partner 1** Stays at outer cone & completes 1<sup>st</sup> exercise with 1 rep and then sprints full circle while **Partner 2** runs to centre cone and completes a minimum of **10 reps** of 2<sup>nd</sup> exercise in that circuit. Partner 2 then runs the entire outside circle and then they swap over.

(Circuit 1)

**Partner 1** – 1 **Burpee** –sprint around circle – **Burpee with Double High Knees** (Do a Burpee but add double high knees or a tuck jump after standing) – 10+ **Burpee Push Ups** (Burpee followed by Push up)

**Partner 2** – 10+ **Wide Push ups** – 10+**Push ups top Half** only 2 sec hold (start from top of Push up and only go half way to floor) – Push Ups **Bottom Half** 2 sec hold (same as previous but start from floor and stop half way point to top)

Sprint around outside cones and back – 1 minute rest while moving to next station.

(Circuit 2)

**Partner 1** – 1 **Squat Jumps** – sprint around circle - **Double Squat Jumps** (jump legs out and double bounce middle) – **Traveling Jump Squat** (one big jump forward and 3 back)

**Partner 2** – 10+ **Mountain Climbers** – 10+ **Jump Ins** – 10+ **Pop Ups**

Sprint around cones and back – 1 minute rest while moving to next station.



(Circuit 3)

**Partner 1** – 1 **Double Jump Jacks** – sprint around circle – 10+ **Forward & Back Jumps** – 10+ **Half Jacks**

**Partner 2** – 10+ **Dolphin or Dive Bomber** – repeat with 2 sec hold – Same but Jumping up to standing after each one.

Sprint around cones and back – 1 minute rest while moving to next station.

(Circuit 4)

**Partner 1** – 1 **Split Jump Lunge** (low & hold Lunge for 2 sec before change) – sprint around circle- 10+ **Split Jumps Lunge** High and fast – 10+ **Squat Thrusts** until partner is back.

**Partner 2** – 10+ **Plank to push up** – 10+ **Push up to T Rotation** – **Walking Side Plank** towards middle while waiting for Partner to come back.

Sprint around cones and back – 1 minute rest while moving to next station.

(Circuit 5)

**Partner 1** – 1 **Y Squat** – sprint around circle – 10+ **High Knees** – 10+ **Y Squats**

**Partner 2** – 10+ **Narrow Push ups** – 10+ **Dips (straight leg)** – **Triceps/Crab walk** towards centre until partner comes back – sprint around circle - 1 minute rest while moving to next station.

### **A's & B's 15min**

Break Group in two and place at top and bottom of circle

Call out B – Group B has to lunge walk up to centre cone and sprint back keep them going for 1 minute to start and then decrease the time down. Group A is holding Plank. After each set change over. 2<sup>nd</sup> set 45 seconds 3<sup>rd</sup> set 30 seconds.

Can change to **Plank with side leg taps** or **Plank Hip Splits**.

## **RECOVER AND STRETCH**