

BOOT CAMP PRO WORKOUTS



FOCUS: Leg Focus. Cardio ★★★★★ Strength ★★☆☆☆

EQUIP: Timer, Skipping ropes, dumbbells

WARM-UP: Military Drill 10min

Take Campers for a 10min jog and randomly call out an exercise such as **Jump squats** & no of reps, **High knees** 10, Push ups 5 etc. then Leader changes to someone else.

EXERCISE ONE: Cardio Endurance 3 min Drills 15min Total – 3 minutes working – 30 seconds rest

1 min of Skipping – 1 min Low **Side Shuffle** to the right – 1 min low **Side Shuffle** left

1 min Burpees – 1 min Alt Traveling Lunges – 1 min Backward Run

1 min **Split Jump Lunges** – 1 min Forward Run – 1 min **Tuck Jumps** or Quick Squats

1 min Stationary **High Knees** Sprints on the spot – 1 min Stationary Alt Lunges – 1 min Gut busters – Rest!

EXERCISE THREE: Cardio Drill High & Low Impact 10 min

Using your large Square of cones as above

Campers start by running up one side of square at each corner must do exercise for 30 seconds then as a group move around the square. If you have a large group some Campers may do exercise outside square.

Everyone can place there towels at bottom left corner for Regular Push ups.

30 seconds of each exercise

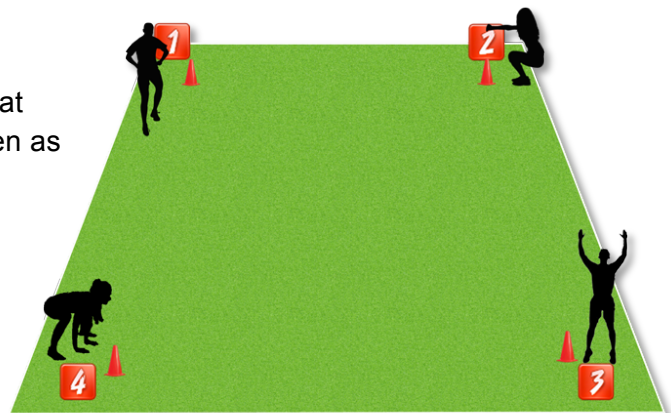
Set 1.

Top Left corner **High Impact** = **High Knees** (Knees to waist)

Top Right corner **Low Impact** = Alt Stationary Lunges or **Knee Up Downs**

Bottom Left corner **High Impact** = **Double Jump Jack**

Bottom Right corner **Low Impact** = **Y Squats** Slow and controlled





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Set 2.

Top Left corner **High Impact** = **Power Jacks**

Top Right corner **Low Impact** = **Pulsing Squat** Low with no weight

Bottom Left corner **High Impact** = **Push ups** aim to do as many reps as possible

Bottom Right corner **Low Impact** = **V Push ups** Slow and controlled

EXERCISE FOUR: Strength & Toning

Ensure all exercises are completed with good technique (slow and controlled)

Rotational Lunge with Shoulder Press 15 reps both Legs

(Stand weights by side and rotate around to 5 o'clock weight to ground either side of feet come back to centre and do shoulder press)

Curtsey Lunge No Dumbbells

Sumo Squat with Dumbbell on end under chest and deep squat 30 reps

Pulsing Squat Dumbbells at sides 30 reps

After each exercise - run 1 lap of Square

Repeat this time 10 reps on each leg of **Curtsey Lunge**, 20 reps of **Sumo and Pulsing Squats**

Run 1 lap of Square

RECOVER AND STRETCH