

BOOT CAMP PRO WORKOUTS



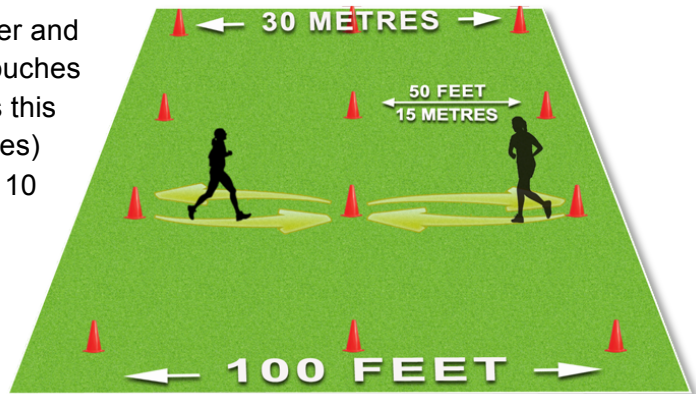
FOCUS: Partners. Cardio ★★★★★

Strength ★★★★★

EQUIPMENT: Cones, Timer, dumbbells

SET UP: (2 groups Opposite one another see diagram)

WARM-UP: Set up 3 cones – Pairs opposite each other as per diagram and run toward each other and back. Jog to centre cone complete 10 cone Touches (see [Dumbbell Touch Squat](#) for technique as this is a warm up ensure slow cone touches all sides) Return with [High Knees](#) to start & repeat with 10 Cone touches, continue working down in reps, so your next set will be 9 Cone Touches in centre or [High Five Sky to Ground](#) alternating sides etc. Until you both hit 1 rep. The aim is to try to beat your partner to the centre cone.



EXERCISE ONE: Ready Set Go Race – Carry Runs

Place Campers in pairs in 2 teams opposite each other as above. Complete all exercises, the winning team gets to rest while the losing team has to carry the winning team members for 5 laps up and back. Losing team can change carriers over as much as needed while the others in team must keep jogging (Ensure pairs are at similar weight).

Get your partner on your back (piggyback) and run to the middle of field, do 10 Squats (with the partner still on the back), piggyback the partner the rest of the way to the other end of the field. C/over and repeat

- Repeat with the Fireman's Carry – 8 Burpees each and change over carrier
- Repeat with the Baby carry or Bride over the Threshold carry – 6 Push ups
- Repeat with the Side way's Plank walk – 4 Plank [Pop ups](#)
- Repeat with the Under's and Over's – 2 [Ab Roll up Claps](#)

EXERCISE TWO: 21 Down working in pairs next to each other

21 Push ups, then 21 Crunches, 20 Push ups, 20 Crunches. Continue to count down to 1 and 1. NO REST in between sets.

EXERCISE THREE: Lower Body Circuit High / Low 1 minute each exercise

Cardio [High Knees](#) on spot – **Strength** [Knee Up Downs](#) with Dumbbells

Cardio [Jumping Jack Front Kicks](#) on spot – **Strength** [Pistol Squats](#) (change legs at 30 sec point)

Cardio 1 [Power Jack](#) 2 [Tuck Jumps](#) – **Strength** [Dead Lifts](#) with Dumbbells



Upper Body Circuit High / Low 1 minute each exercise

Cardio Push ups – **Strength Y Push ups** (slow & controlled)

Cardio Overhead Dumbbell Punches as fast as possible without losing form – **Strength Side Bend Squat** (Alt sides)

Cardio Clean & Press – **Strength Squat Hold Front Raises** with Dumbbells

EXERCISE FOUR:

Team Plank off!!!

RECOVER AND STRETCH