

# BOOT CAMP PRO WORKOUTS



**Focus:** Pair workout with Leg focus. (Each round goes for a total of 6 mins including cardio). Note: ideal for Wet Weather/Small Space

Cardio ★★☆☆☆☆ Strength ★☆☆☆☆

**Equipment:** Cones, timer, skipping ropes & step

**Set up:** Small spaces with 15 meter run

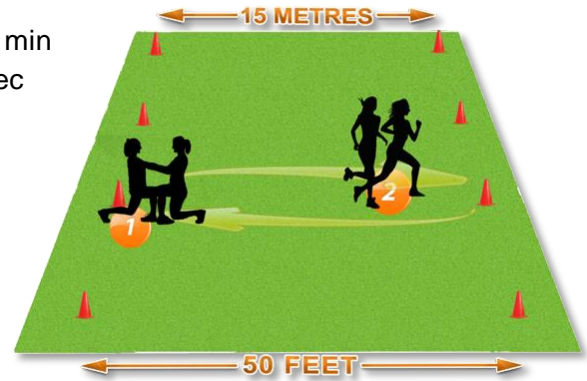
**Warm-up:** Skipping 1 min – Run to set point and back – 1 min  
Skipping 45 sec – **High Knees** to 15 meter cone and back – 45 sec  
Skipping 30 sec – **Squat Jumps** 30 sec

**Exercise one:** Legs

**Resisted Reverse Lunges** – Pairs face each other palms/hands together and pushing each other into a lunge.

Partner 1 Right leg leading / Partner 2 Right leg going backwards.

Keep it fast continue for 2 mins, followed by skipping 1 min  
Repeat with other leading leg and repeat skipping.



**Exercise two:** Legs

Partner 1 – **Dumbbell Touch Squat** – Two Dumbbells touching opposite feet go for 1 min. Partner 2 – **Pistol Squat** on ground with Dumbbells 1 min. C/over

Partner 1 – **Pistol Squat** with Dumbbells 1 min – Partner 2 – **Dumbbell Touch Squat** 1 min – Both **Pistol Squat** working other leg –1 min – Skipping 2 min and shuttle run 1 min.

**Exercise three:** Triceps/Legs

**Push up Dip Combo** – 1 min – C/over and repeat 1 min Cardio Sprints to cone 1 min (both together)

**Triceps Crab Walk** – 30 sec – Narrow Push ups – 30 sec

Cardio Sprints to 15 meter cone –1 min (both together)

**Triceps Crab Walk** – 30 sec – Narrow Push ups – 30 sec

**Exercise four:** Legs (See Video)

**Resisted Side Lunges.** – Partner 1 Stands on Partner 2's foot while they are side on and pushes them down into a side lunge for 1 min (ensure that Partner in the Lunge has a core in tight as they bring themselves back up, to increase intensity have them hold a Dumbbell on end at chest) continue for 1 min and change legs Partner 1 still completing exercise. C/over when both legs are completed.

Follow the above with 30 sec Sprints – 30 second Travelling Lunges – 30 sec Sprints – 30 second Travelling Lunges. Rest 2 mins and set up mats for floor work.

**Exercise five:** Floor Work including Abs 4 min sets

On Towels resisted **Hamstring lean out** Partner 1 on knees facing away from Partner2, Partner 2 Holds on to the ankles of Partner 1. Partner 1 slowly leans forward dropping into a Push up position and comes back up continue for 1 min and c/over. Finish set with steps ups 2 mins.

**Exercise six:** Abs

**Push up Hand Clap** – 1 min – Plank 1 min and Repeat.

**Recover and Stretch**