



BOOTCAMP PRO WORKOUTS

FOCUS: Partner Work. Cardio ★★★★★ Strength ★★★★★

EQUIP: Cones

WARM-UP: Tabatas

20 seconds working and 10 seconds rest

Sprint starts (slow lunge and reach) - Mountain climbers

Side lunges Left and Right – **Split Jump Lunge** Elbow to knee – **High knees**.

SET-UP: 2 cones 60 metres (200 feet) apart. Oval or marked square.

EXERCISE ONE: Resistance Legs

Set 1. Starting with 20 Alt Lunges, slow and controlled lunges for 5 lunges on 5th do Quick Jump change and repeat other leg go up to 20. (Do not let them stop and make sure everyone does the Quick jump change, like a **split jump lunge**)

Run to cones at 60 meter mark and repeat

Set 2. 15 lunge switching after every 5 and run back to start

Set 3. 10 lunges switching after every 5 have them slow jog 1 lap for leg recovery.

EXERCISE TWO:

Start together person A does 21 Partner Dips using person B's knees (Person B sits on ground knees bent arms out behind) then switch over and person B does push ups facing person A using their knees for support. Person A is on all fours does 21 push ups. Both pairs do 21 travelling Lunges up the oval at 21 stop.

Continue exercise swapping over each time and go down in 3's so 18, 15, 12, 9, 6 & 3.

So 18 Dips 18 Push ups 18 Lunges etc. (If push ups are too hard for them to do on knees have them simply do sit ups from the position they were holding for dips so they don't move just sit up)

EXERCISE THREE: Abdominal Set

Partner A holds their arms straight out in front of themselves at shoulder height, Partner B does high knees (trying to touch Partner A's palms) go for 1 minute then C/over after 1 minute drop down to ground and both Partner A & B complete a 30 second plank – jump up and repeat **High knees** for 45 seconds and Plank then 30 seconds and Plank. (The plank is to remain at 30 seconds after each time round.)

EXERCISE FOUR:

Finish with **Over and Under Combo** – Partner Jump over's up Oval and Partner Jump over Crawl under all the way back.

Set 1. Partner A is to lie down stomach to ground, side on to Partner B, Partner B completes 3 small jumps back and forth over their Partner facing the same way as partner then Partner B takes the push up position does one push up and Person B jump over exercise continue all the way up the oval to a desired point 20 meters would be average distance and run back to start.

Set 2. Person A lay down flat Person B Jump over then Person B make an arch (Cat Stretch) while Person B Crawls back under using abs no knees can touch floor and switch. Aim for 5 each

RECOVER AND STRETCH: Go for a recovery lap.