



BOOTCAMP PRO WORKOUTS

FOCUS: All Rounder Circuit. Cardio ★★★★★ Strength ★★★★★

EQUIP: Cones, Large space

WARM-UP: Fun Game / Rip-off! (Duct Tape Tag)

Divide Campers into two teams. One team places a 10 cm long strip of duct tape horizontally on each of their backs. The other team places the same vertically on their back. (You can use different colored tape if you want and name the teams by the colors. i.e. Yellow vs. Black)

Have teams separate in a large playing area, This can be played during the day or night. The object is to "rip off" the tape from their opponent teams backs. Once their tape is removed they are out of the game.

EXERCISE ONE: Circuits

Whole group does the same exercises at the same time, but with a partner facing them.

Circuit #1 → Leg strength **5 min** (4 ½ minutes working - 30 seconds rest)

Time each exercise for time required then start the next one. Repeat the whole circuit for 5 minutes twice through before resting and changing over. Partners can count number of times complete the circuit within 5 mins and compete with other partners.

Quick Squats x 1 min

Alternating Lunges 45 sec

Sumo Squats (Wide Leg Squat) x 30 sec

Repeat Set

Circuit #2 → Cardio **5 min**

Jumping Jacks x 1 min

Squat Jumps x 45 sec

Touch Jumps x 30 sec

Break between Circuits and complete Partner's minutes opposite each other.

EXERCISE TWO: → Partner minutes **5 minutes**

Complete as many as possible in 60 seconds.

(50 seconds of working time 10 seconds of rest)

Partner Exercise 1 – **Push up Hand Claps**

Partner Exercise 2 – Partner Back to Back Squat Hold

Partner Exercise 3 – **Ball Situp & Pass** - Partner Sit ups and pass a single weight be careful

Partner Exercise 4 – **Split Jump Lunge** holding opposite hands or hand of opposite shoulder and face opposite direction stay low and stay together (this is harder than you think).

Partner Exercise 5 – Side plank Crawl facing each other stay together after 4 moves 1 push up clap both hands.



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EXERCISE THREE: *Circuits*

Circuit #3 → *Upper Body Strength 5 min*

Half or Full Push ups x 1 min

Triceps Dips Straight Legs x 45 sec

Pike Push ups x 30 sec (Are performed typically while upside-down. You can do from the ground for an easier version or standing on a curb or very low step. Stand on curb with your upper body forming a V hanging down with straight legs and bottom high at a ninety degree angle to the floor. Now lower yourself slowly towards the floor, stopping when top of your head hits the floor, push yourself back up using arms only, and repeat and keep arms wide.

Ensure they have a good all over stretch.

Repeat Set

Circuit #4 → *Cardio 5 min*

Oval Sprints 45 sec sprint – 15 sec rest

Stair or Hill runs x 30 sec

Skipping with rope or curb jump – 30 sec

Repeat Set

RECOVER AND STRETCH.