

BOOT CAMP

PRO

WORKOUTS



FOCUS: Shuttle Runs. Cardio ★★☆☆★ Strength ★☆☆☆☆

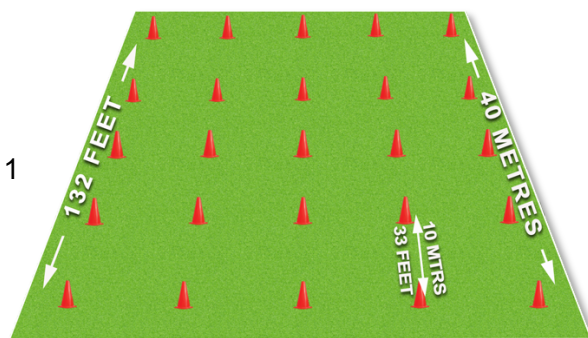
EQUIP: Cones, Large space for shuttle run

WARM-UP: Setup 2 cones – Start at first cone and jog to second cone and do 4 Double Jump **High Knees/ Tuck Jumps**, jog back to start, repeat for 90 seconds, every 30 seconds call out **Burpees** for your choice of reps. After the 90 seconds repeat sequence but change **Tuck Jumps** to **Jump squats** for 90 – seconds – repeat again.

EXERCISE ONE: All rounds run for 5 minutes – except sprints – 1 minute each exercise – Set out 5 cones in a line approx. 10m apart

1. Push Ups – 1 min
2. Prisoner Squat – 1 min
3. **Squat Thrusts** – (don't come up to standing until minute is completed) – 1 min
4. Duck Under's – (wide squat ducking left to right) – 1 min
5. **Burpees** – 1 min

30 meter sprint – 30 second recovery – repeat 3 x



EXERCISE TWO: Repeat as above 1 minute each exercise

1. Star Jumps – (heels grounded, dropping butts) – 1 min
2. Squat
3. T- Push up (push up – side plank – push up – side plank) – 1 min
4. Vertical jump – (start with narrow squat, explode up reaching overhead, end with narrow squat, don't hold squat keep the momentum going) – 1 min
5. Prisoner Lunge alternate legs – 1 min

30 meter sprint – 30 second recovery repeat 3 x

EXERCISE THREE:

1. Shuffle – Start from $\frac{1}{4}$ Lunge position (almost like mini lunge jumps)
2. Side Jumps with **High Knees** – 1 min
3. Side Plank – 30 sec each side – 1 min total
4. Mid-range Squat and up to toes – reaching up – don't stop in squat, keep it moving – 1 min
5. **High Knee** Shuttle from last cone to 1st – continue for entire minute

30 meter sprint – 30 second recovery – repeat 3 x

EXERCISE FOUR:

1. Cross over Star Jumps – 1 min
2. Triceps Push up – 1 min
3. Side Lunge alternate side – 1 min
4. Mountain Climbers – Elbows to knees – 1 min

Plank – 30 meter sprint

RECOVER AND STRETCH