



# BOOTCAMP PRO WORKOUTS

**FOCUS:** Resistance 21's. Cardio ★★☆☆ Strength ★★★★★

**EQUIPMENT:** Cones, Timer, Bench, skipping ropes, dumbbells

**SET UP:** Area marked between two cones (plus a Bench).

**WARM-UP:** Skipping 1 min – Skipping to cone and back (no rope) 1 min

10 sec Skipping 10 sec Push up – 1 min

10 sec Traveling **Skipping Runs** – 10 sec **Burpees** 1 min

**EXERCISE ONE:** Resistance 21's

**Set 1. Lunges with Biceps focus**

21 Alt Forward Stationary lunges with Double Dumbbell Biceps Curls – followed by 7 Bottom Half Lunges – 7 Full Curls – 7 Top Half and finish with 21 Travelling Lunges with Alt Dumbbell Curls and jog to starting point.

**Set 2. Squats with leg focus**

21 **Travelling Squats** (low with DB's on shoulders) – 7 Bottom Half Pulses – 7 Top Half – 21 Tempo Squats 3 counts down and up and finish with 21 **Jump Squats** (no Dumbbells)

**Set 3. Reverse Lunges with shoulder focus**

21 stationary **Reverse Lunges Flies** – 7 Reverse Travelling Lunges DB's on shoulders – 7 Left **Side Lunges** (DB's touch ground at either side of Left foot) – Repeat on Right side – 21 forward travelling lunges punching DB'S overhead and jog back to start.

**Leg super set** – Straight into this to finish legs no rest

21 **Pulsing Squats** DB's at sides – 21 Alt Lunges (No DB's)

**Rest 1 minute**

**Set 4. Lunges with Triceps Focus**

21 **Overhead Triceps Extension** while completing alt traveling Lunges – behind/overhead ensuring DB's whether 1 or 2 are brushing past ears and touching the base of neck. (Keep core locked on while lunging).

21 **Double arms Kick Back** – giving legs a break but keeping knees soft – 7 tempo 3 counts out and counts in – repeat 21 double kickbacks – Run back to start

**Set 5. Squats with back Focus**

21 Squats with Dead Lift (Full squat to ground DB is on end under chin, back straight and shoulders down, drawing DB up through centre of body to chin and down.

Finish at end with 21 **Pulsing Squats** weights on end

**EXERCISE TWO:** Bench needed, curb or step

21 Right Leg Step Up's - 21 Left Leg Step Up's - 21 **Tricep Dips**

7 Right Leg Tap Up's (Left leg stays on step and right comes up to meet – repeat other side with Left leg.

**EXERCISE THREE:** Cardio Sprints

Run 21 seconds and recover walk for 60

Repeat 3 times



**EXERCISE FOUR:** ab's

Push ups 7 Top half narrow grip

7 Bottom half pulsing

7 Full Push ups

7 Full Sit ups with dumbbell on chest

7 tempo counting down

7 **In and Out's** with Dumbbell on chest

**(repeat if time permits)**

**STRETCH AND RECOVER**