

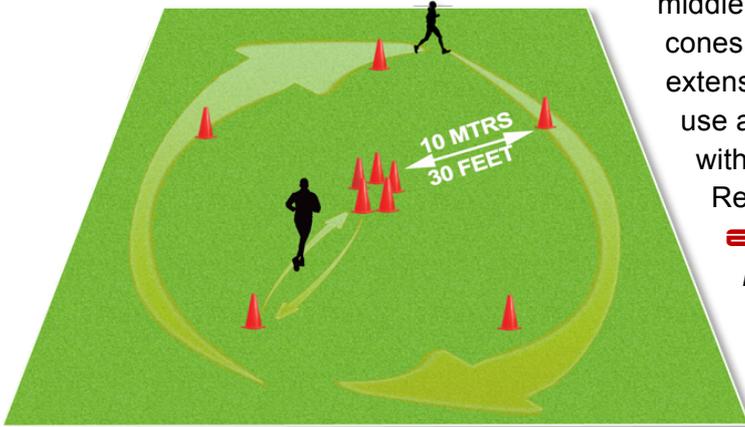
BOOT CAMP PRO WORKOUTS



FOCUS: Oval work. Cardio ★★★★★ Strength ★★★★★

EQUIP: Cones, stairs or hill, dumbbells.

WARM-UP: Jog around the outer circle of cones for 1 min. Then move towards the middle whilst doing Butt kicks in then jog back to outer cones, **High knees** in then jog back out, Running leg extensions (Big movement drag legs out behind and use arms) toward middle – jog back out and finish with Lunges in then jog back out. Repeat above 3 times.



EXERCISE ONE: Three Three's and run

Set up cones around outside of circle enough for each Camper.

If you have more than 10 people double up on stations. After their 1st set is complete

they run the Circuit or stairs. Campers work together on the same exercise around circuit. Three exercises performed three times each - followed by a run, fast walk or stairs. Repeat three rounds - time each - and motivate them to keep to time. Perform 10 repetitions of each exercise, repeat for a total of three rounds, then run or fast walk for 1 minute before moving on to next set.

Set 1. Three rounds of **10 reps** of each (repeat 3 times)

1. **Plank Up and Downs** (on elbows)
2. Russian **Jump Squats** or **Spiderman climbs** depending on fitness levels
3. Push ups
4. Run stairs/hills or sprint around cones and back – 1 minute rest while moving to next station

Set 2. Three rounds of **8 reps** of each repeat 3 times

1. Alt Lunges with a **double jump jack** after each both L & R leg lunge
2. Mountain Climbers or **Jump ins**
3. **Burpees** or Body Builders
4. Run stairs/Hills or sprint around cones and back – 1 minute rest while moving to next station

Set 3. Three rounds of **6 reps** of each repeat 3 times

1. **Dumbbell Squat Press**
2. **Dumbbell Woodchop**
3. Roll up Squats with Dumbbells



EXERCISE TWO: *Abdominal Dice Game*

Divide the group into teams of equal fitness level. 4 or 5 groups. Roll two dice and perform the corresponding exercises ie rolling a 2 and a 5 means they do a 30 second plank hold and 10 full Sit ups. After each set they run 1 lap of circuit and continue until everyone has rolled at least once.

Number 1. Dumbbell Russian Twist 20

Number 2. Plank Hold or T Rotation (30 seconds)

Number 3. Reverse Crunches 15

Number 4. Bicycle Situp 20

Number 5. Full Sit ups (Dumbbell on Chest) 10

Number 6. Lying Double Leg Raise or V Sit 10 (ensure legs stop a few centimetres above ground)

RECOVER AND STRETCH