



Focus: Cardio ★★☆☆☆☆ Resistance ★★★★★

Band Workout

Equipment: Cones, bands, timer & large area

Set up around a large square this way you can utilize square for shuttle runs between sets.

Warm-up: Beat the clock 8 minutes

Working from front of square jog around for 3 minutes to get warm, on instructors command everyone must sprint to corner called (can use items such as water bottle towel, cone etc. for visual markers. Give campers 10 seconds to get there; Campers that don't make it must complete 10 **Burpees** or 10 Push ups before re-joining group. Instructor to keep calling corners but reduce time (like the beep test) until everyone is out.

Exercise one: *Upper Body Focus - Complete all exercises for 90 seconds with no break then change/over turns*

Band Rear Deltoids – In pairs facing each other standing knees slightly bend with partner holding band in middle, hands together at chest level and pull band apart and straight out to side.

Back Row – (As above but row straight back elbows close to body) – Partner standing in front holding band in bands centre, handles face up and at chest height. Step back into a lunge position to take slack in bands. Keep elbows high, back straight. Pull handles to the sides of your chest to perform row movement. Repeat.

Band Triceps Extension – Partner standing in front holding band in the centre and as high as possible turn handles to face ground and press back.

Band Triceps Pushdown – Partner standing in front holding band in the centre and as high as possible straight arm push down to waist and up to shoulder height only.

Exercise two: *Cardio Set*

After both Campers in pair have completed all exercises in set use square for 4 minute shuttle runs - half of campers to jog around outside with the rest sprinting through the middle with reverse **High Knees**. Change over group at 2 minutes.

Exercise three: *Triceps, Core and Chest Workout*

Core War – using 3 Campers if available this exercise goes for 90 seconds.

Start opposite partner on ground in top of push up position. Band held in opposite hand to partner, complete triceps kick back with opposite hand for do 4 reps and then do a push up in the middle continue for 90 seconds. The 3rd person can jump over the band if you have a large camp or limited number of bands. C/over



Exercise four: Cardio Set

Working from Front of Square do 15 traveling alt Lunges and run to top of Square

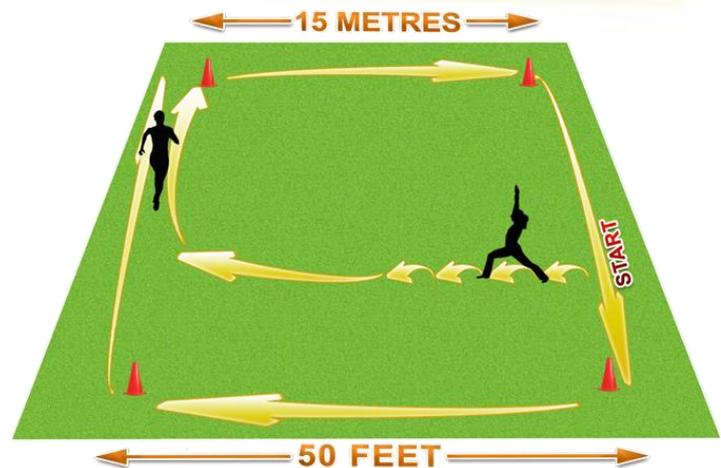
15 lunges 2 runs (odd)

12 lunges 1 run (even)

9 lunges 2 runs

6 lunges 1 run

3 lunges 2 runs



Exercise five: Lower Body Focus / Single Campers one band per person

90 seconds for all exercises or to failure

Band Shoulder Squat and Press – Stand on the band to anchor it, feet shoulder width apart. Pull the band up over the backs of your arms until at shoulder height. Bend knees and hips and lower into a squat while pressing hands up over head. Reverse move back to starting position and repeat.

Squat Side Leg Raise – Stand on the band to anchor it, feet shoulder width apart, handles at hip height and lower into squat as previous exercise but push up to standing straight leg out to one side, return to squat position and repeat on other leg.

Band Side Leg Walk – Stand on the band to anchor it, feet shoulder width apart, handles at hip height and lower into squat as previous exercise and slowly move sideways (the bigger the side steps the harder it is) continue for 1 minute and change sides.

Exercise six: Abs

Band Partner Oblique Twist

Standing next to your partner; loop the band around each partner's waist. Grab the handles, extend arms and both twist at the waist to do a half circle turning away from your partner. Keep your head and spine in a fixed position throughout the movement. Let your muscles move around the pivot points. Slowly rotate back. Continue for one minute and then swap sides to work all the obliques.

Recover and stretch.