



**FOCUS:** Cardio with FUN GAME. Cardio ★★☆☆★ Strength ★☆☆☆☆

**EQUIP:** Cones, Timer, Medicine Ball

**SET UP:** 4 Lines of cones

**WARM-UP:** Walk half way around oval or open space, pick up to a jog – jog once more around and start Indian runs (Run in a line. Last person sprints to front and so on) - go for 4 minutes. Change direction at half way point - 2 minutes.

**EXERCISE ONE:** Line Drills Resistance 3 minutes

3 circuits in total each circuit is 3 minutes and is repeated twice – so run through all stations first then back to beginning.

Sprint to 2nd Cone 10 Push ups – sprint to 3rd cone 10 **Half Situps** – sprint to 4th cone 5 **Gut Busters** (5 seconds fast toes, wide stance in semi squat position – straight down onto floor on tummy, almost like a Burpees but onto tummy – jump straight up – again almost like Burpees but from lying – jump in air and repeat – starting with fast toes).

**EXERCISE TWO:** Cardio 3 minutes

For this drill set up 4 cones in a square formation 15 metres between cones.

Sprint to 1st cone – **side shuffle** (engage legs to ½ squat position to 2<sup>nd</sup> cone – back scuttle (running backwards) to 3<sup>rd</sup> cone and side high shuffles to the 4<sup>th</sup> cone – repeat changing leading leg.

**EXERCISE THREE:** Cardio 3 minutes

Sprint to 1<sup>st</sup> cone – **High knee** sprint to 2<sup>nd</sup> cone – normal sprint to 3<sup>rd</sup> cone and **High knee** sprint to last cone – now do the same thing backwards, feels really strange at first – sprint backward – **high knee** run backwards.

**EXERCISE FOUR:** Partner Game

Have Campers partner up and go into a Squat (full Squat or low squat) facing each other. Then play as follows: Partner 1 puts their hands out under Partner 2's hands then they try to slap the tops of their hands before they can pull their hands away. Play for at least 2 minutes and make sure they stay in a low squat and see how it burns those legs! Note: They can move but have to remain in a squat so can do **Jumps Squats** forward or backward to try and get away but must always end in full Squat position.



### **EXERCISE FIVE: Abs**

**1:** Everyone sitting in line – linking arms (not so strong participants sitting on outside – so they can let go and work at own pace if necessary) make sure they work as team and some are not pulled up which can injure shoulders. – Start sitting up then back onto floor and continue with **full sit ups** – 2 minutes

Stay in line but move a little apart and hold V position – so body at 45 degree angle pass med ball down line as each person has it they must place feet on the ground and do 6 Russian Twists with ball and pass on and resume V position – minute.

**2:** Stay seated this time Trainer throws ball one at a time down the line and Camper must do a sit up placing ball back overhead and touching ground, others in line continue to hold at 45 degree angle – 1 minute.

Have Campers opposite each other in line.

**Set 1.** One person starts with the ball, group squats together then camper throws the ball, camper catches ball group squats together and camper throws the ball to someone else.

They are all squatting at the same time.

**Set 2.** All campers are back in circle in plank position keep close faces towards middle. Roll the ball around the circle and everyone must keep the plank while lifting up to tap and move the ball around circle go for 1 minute one way and 1 minute reverse.

### **RECOVER AND STRETCH**