

# BOOT CAMP PRO WORKOUTS



**FOCUS:** Cardio Pair Work. Cardio ★★☆☆☆ Strength ★☆☆☆☆

**EQUIP:** Cones, DB's, Timer, Wall & Large Area

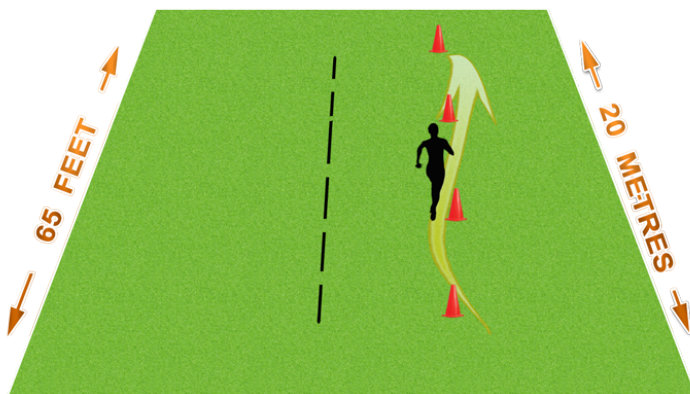
**SET UP:** Cones and skipping ropes as per diagram.

## WARM-UP:

30 sec light Jog – 30 sec Static Shuffle repeat 2 x

30 sec Jog – 30 sec Static **Jump Jacks**

1 min straight Jog – 30 sec **High Knees** – 30 sec Butt Kicks – repeat 2 x



## EXERCISE ONE: Agility 10 min

Set up Skipping ropes on the ground in straight line (end to end) approx. 20 mtrs long. Next to the line of ropes about 3 metres apart set up a line of cones with enough space to weave in and out of them.

Campers start by doing **Hammer Curl Squats** – each Camper takes a turn on **Side Ski Jumping** over rope with dumbbells, stagger the start of Campers, and then have them weave through the cones to get back to start. Each Camper should Side Ski Jump minimum of 3 x. Lower Impact without weights.

## EXERCISE TWO: Partner work 20 min

1 - Place campers in pairs – One Camper has skipping rope, other camper doing Wall Squat (can use a pole if available).

10mins – campers can swap as many times as they need!

2- Change pairs. One camper has skipping rope, other camper doing Plank on hands.

10mins – Campers can swap as many times as they need!

## EXERCISE THREE: Partner Tabata's 12 min

20 sec working 10 sec go for 3 minutes c/over

**Split Jump Lunge** / Bunny Jump forward 3 little jumps back

Squat Dead (dumbbells right angle and they should stay close to body /

Standing Mountain Climbers (alt elbow to knee)

**High Knees** / **Full Sit up** with Dumbbell on chest.

## EXERCISE FOUR: Ab's

**100's abs** 8min

**Bicycle sit ups** 20 each side – Run approx., 50mtrs then repeat **bicycle sit ups** and run back

5 x = 100 **bicycle sit ups** each leg!

## RECOVER AND STRETCH

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