

BOOT CAMP PRO WORKOUTS



FOCUS: Cardio Intensive Cardio ★★★★★ Strength ★★★★★

EQUIP: Cones, Timer, skipping ropes

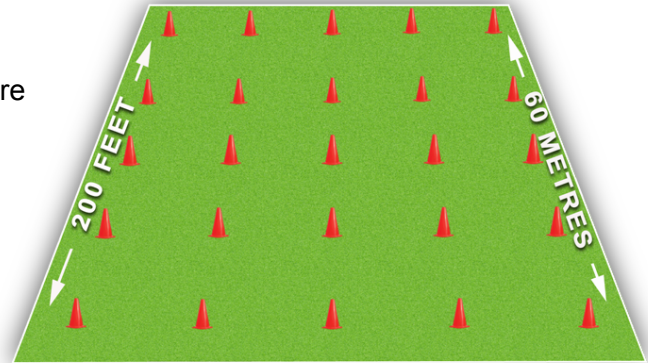
SET UP: 5 Lines of cones – See diagram

WARM-UP:

Walk half way around oval or open space, pick up to a jog – jog once more around and start Indian runs - go for 4 minutes. Change direction at half way point (2 minutes).

EXERCISE ONE: Line Drills 25 minutes

5 5's with decreasing reps, (using 5 lines, starting from 1st line) 3 circuits in total. Each circuit goes through entire exercise set starting with 5 exercises repeated 5 times each. Campers then Sprint to end and back to 2nd line completing exercises 4 times through, repeat sprints and return to 3rd line with 3 exercises etc. Continue until down to completing exercises just once through.



5 5's with decreasing reps

1st Set: Prisoner Squats – Deep Squats with a 5 second pulse at bottom – High Jump Squats – Split Jump Lunges – Tuck Jumps or High Knees.

2nd Set: Full Push ups – Knee Push ups wide arm – Close grip Push ups (Triceps) – Mountain Climbers – T rotation

3rd Set: Burpees – Jumping Jacks – Side Ski Jumps – Small Jumps forward and back on spot – Run on spot.

EXERCISE TWO: Cardio Fun Skipping 15 minutes

Divide into two groups Red Team and Blue Team. Get your Campers to try skipping while moving before you start the exercise. If they find it too hard they can either skip on the spot or skip forward without the rope moving arms and keeping elbows locked into sides.

Red Team – Start at the 1st line with skipping ropes and skip forwards for approx. 60mtrs

Blue Team – Does Jump Squats until they get back – Swap over

Red Team – Skip forward again and Blue Team does 1min of Burpees – Swap

Blue Team – Skip Forward and Red Team does Split Jump Lunges – Swap

Red Team – Skips forward and Blue Team does Mountain Climbers – Swap

Red Team – Skips forward and Blue Team Push ups wide – Swap

Red Team – Skips Forward and Blue Team does Touch Jumps or Hi5 Sky to Ground (hand must touch ground) – Swap



EXERCISE THREE: *Partner Ab's Circuit 10min*

Divide into two groups as previous exercise Red Team and Blue Team. Get your Red Team to weave through the cones starting from far right cone on 1st row and moves all the way up to top right cone on line 5. From here they move accross to 5th line 2nd cone in and weave back to 1st line etc. Continue up and down until all the lines have been run and change over groups.

Each exercise goes for as long as it takes for Red Team to run one line of the circuit. (From 1st line to 5th line at the start of the 2nd row) – Change over the exercise.

1. **Plank Hold** (hands or forearms) with leg lifts – lift leg alternatively until group is back – change exercise.
2. **Spiderman Climb** – Start in Push up position and as you lower yourself, slowly bring your right knee up to your right elbow. Keep your right foot off the ground as you do so. Push through your chest, shoulders and triceps to return to the start position, and complete on other side.
3. **Plank Up and Down** – Start in the plank position on your elbows and raise your body up into a push up position. Lower yourself back down to your elbows. Keep your core tight and your back straight throughout the movement. .
4. **Side Bend Squat** – Stand with feet wider than shoulder-width apart, toes turned out 45 degrees. Bring hands to touch behind head, elbows bent out to sides, and lower into a sumo squat.
5. **Hundreds** – Vigorously pump your arms 6 inches up and down, reaching with your fingertips. Inhale for 5 pumps and then exhale for 5 pumps. Be sure to curl your chin in toward your chest.

After each group has completed both runs and Ab's

RECOVER AND STRETCH