

# BOOT CAMP PRO WORKOUTS



**FOCUS:** Cardio ★★☆☆★ Strength ★☆☆☆☆

**EQUIP:** Cones, Dumbbells

**WARM-UP:** Moving strength - 15min

Use set up for exercise one but shorten it to a square.

Campers walk down one side of square Alt Punching Dumbbells overhead and jog the next side. Repeat x 4.

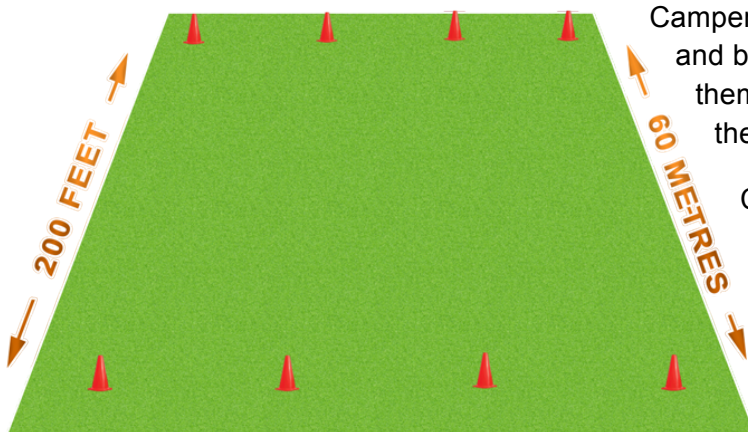
Alt Walking Lunge – **Side Shuffle** next side – Repeat x4.

Moving Side Squats down (step side, squat, step side, squat etc.) - Dumbbell run back to start.

Moving Side Squats leading with the other leg, run back to start x 2.

**EXERCISE ONE:** Partner Challenge “You go. I go”

Use the above set up with a distance of approx. 60 metres marked out with cones. Put campers into pairs of differing fitness levels.



Campers must complete 20x Sprints between them, up and back counts as 1 and 100 Push ups between them. Campers must communicate and swap when they need.

Campers then complete 16x Sprints and 80 Squats between them, swapping as they need.

Campers then complete 10x Sprints and 80 Dips between then, swapping as they need. (Dips can be done on the ground just ensure they have straight legs).

**EXERCISE TWO:** Moving Strength with Abs' Focus

Place in pairs on each of the 4 sides, 1 minute on each side and rotate to next side (Keep to a square the same as warm up)

**1<sup>st</sup> Set:** 1 minute

Side Plank Crawl with Push up every 4<sup>th</sup> step alongside

**Inch worm** (ensure they go right down to a flat back)

Bunny Jump Burpees (Moving **Burpees**)

Moving **Spiderman walk**

**2<sup>nd</sup> Set:** 45 seconds

**Tricep/Crab Walk**

Duck Walk holding single Dumbbell to front, Ab's tight

Moving **Burpees** Push ups

**RECOVER AND STRETCH**