



BOOT CAMP PRO WORKOUTS

FOCUS: *Boxing*

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

WARM UP:

Take the Campers for a jog. Stop and do Squats for 30 sec, **side shuffle** for 30 sec – Knee up alt elbows to knees 30 sec – Jog 30 sec – Duck and weave on spot and punch 30 sec – **Side Ski** Jump fast 30 sec and finish with **Jump Squats** 30 seconds.

EXERCISE ONE:

Start with 4 or 5 Pad Holders at one end, depending on the number of Campers and the same at other end ensuring a fair distance between.

30 seconds of Cross Jabs and run to other end changing over (Pad Holders Partners)

30 seconds of Slow Hooks – run back to start

30 seconds of Upper Cuts – Lunge to other end

30 seconds of **High Knees** – Lunge back to start

(While Boxers are running Pad Holders do shuffle and while Boxers are Lunging Pad Holder do Push ups)

EXERCISE TWO:

Start in one line Pad holders have a marker to shuffle around.

Boxers do 20 hard Hooks shuffle backwards around marker and do 10 **Squat Jump** Punch

shuffle back the other way and do:

30 Hooks – 15 **Squat Jump** Punch

40 Hooks – 20 **Squat Jump** Punch

50 Hooks – 25 **Squat Jump** Punch

C/over

EXERCISE THREE: Have 2 Pad Holders at one end, and Boxers same set up as start do

L L jab R Duck, Duck and shuffle change with partner next to you and do RRL Duck Duck x 4 and lunge back to start of line, and do back to back wall hold until your next turn.



EXERCISE FOUR

Abs 30 sec Abs wheel make a circle with partners on outside Boxers move around circle 4 –6 stations depending on numbers.

Boxers lying down punch up to the L and down and up punch Right then Left, Right fast and down and repeat for 30 seconds.

Wide Cross Punch 30 seconds holding core tight in V position

Lying on back, lift legs up a few inches and kick into Pad Holders Pads (they are at your feet on knees)

Pad Holder is behind Boxer on their knees – Boxer twists to one side and hits pad behind them like a hook and repeat to the other side.

C/over

RECOVER AND STRETCH