



# BOOTCAMP PRO WORKOUTS

**FOCUS:** All Rounder, Partners. Cardio ★★☆☆★ Strength ★☆☆☆☆

**EQUIP:** Cones

**WARM-UP:** Circle Tag

Ensure you have ample space available and have your Campers form a large circle, with about a metre between each person. Using cones mark the inside of the circle where people are standing. The goal is to stay in the game as long as possible and to be the last person standing. On GO instruct everyone to run clockwise on the outside perimeter of the circle tagging any Camper in front of them (everyone is IT, but everyone, taggers and taggees, must run in the same direction). On average you should have 2/3 of the group eliminated within the first 20 seconds. These Campers must assume a Push up position around but inside the boundary (this also keeps the chasing to the outside of the circle). For smaller groups, of say only 10 people, each person is entitled to be tagged 2 or 3 times (you decide) before they are eliminated.

**EXERCISE ONE:** Resistance Legs. Setup lines of cones 60 metres apart.

**Set 1.** Starting with 20 Alt Lunges, slow and controlled lunges for 5 lunges on 5th do Quick Jump change and repeat other leg - go up to 20. (Do not let them stop and make sure everyone does the Quick jump change, like a [split jump lunge](#))

Run to cones at 60 meter mark and repeat

**Set 2.** 15 Lunge switching after every 5 and run back to start

**Set 3.** 10 Lunges switching after every 5 have them slow jog 1 lap for leg recovery.

**EXERCISE TWO:** Partner Upper Body

Start together [Push Up Dip Combo](#) - person A does 21 Partner Dips using person B's knees (Person B sits on ground knees bent arms out behind) then switch over and person B does push ups facing person A using their knees for support Person A is on all fours does 21 push ups. Both pairs do 21 travelling Lunges up the oval at 21 stop.

Continue exercise swapping over each time and go down in 3's so 18, 15, 12, 9, 6 & 3.

So 18 Dips 18 Push ups 18 lunges etc. (If push ups are too hard for them to do on knees have them simply do sit ups from the position they were holding for dips so they don't move just sit up)

**EXERCISE THREE:** Abs Set

Partner A holds arms straight out in front at shoulder height, Partner B does [high knees](#) (trying to touch palms) go for 1 minute then C/over after 1 minute drop down to 45seconds and then 30 seconds.

**EXERCISE FOUR :** Partner Abs continued

Finish with Partner [Over & Under Combo](#) - jump over's up Oval and partner jump over crawl under all the way back.

**Set 1.** Partner A lay down on stomach side on to Person B Partner B does LRL or RLR 3 small jumps back and forth over them (depending on which way they are facing) and then Partner B takes the push up position does one push up and Person B jump over exercise continue all the way up the oval to a desired point 20 meters would be average distance and run back to start.

**Set 2.** Person A lay down flat Person B Jump over then Person B make an arch (Cat Stretch) while Person B Crawls back under using abs no knees can touch floor and switch. Aim for 5 each

**RECOVER AND STRETCH**