

BOOT CAMP PRO WORKOUTS



Focus: Cardio ★★★★★ Strength ★★★★★

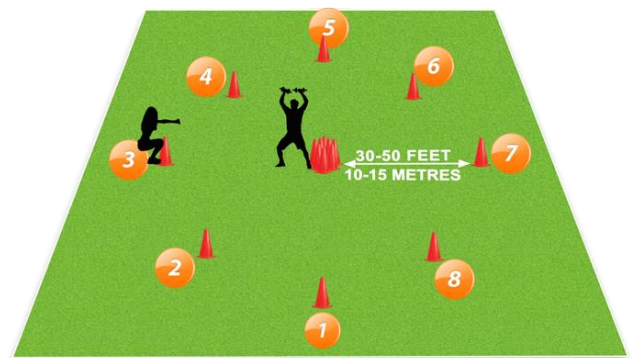
EQUIP: Large circle to set up circuit, dumbbells. Print and use Circuit Cards for Workout 9.

Warm-up: Oval runs for 3 minutes only.

Exercise one: Circuit training 45 mins total.

Each circuit goes for 2 minutes.

Put campers into pairs of similar fitness levels. Set up 1 circuit card in centre and the other card of the pair on the outside cone. Place one person on centre cone and their partner on the outer cone. Each round lasts for 4 minutes; partners swap over at the 2 minute point. At end of a round both run or walk one full circle before moving onto the next station (moving clockwise).



Station 1. – Partner 1 – Complete 10 **Hammer Curl Squat** – 10 **Reverse Lunge Flys** – 10 **Squat Front Raises** Complete as fast as possible without losing form & continue until 2 mins is up.

Partner 2 – 10 **Tuck Jump** (or **Jump Squat**) followed by 10 **Alt Lunges** – 10 **High Knees**

Station 2. – Partner 1 – **Clock Lunge** (Start at 12.00 O'clock and Lunge the hours on each Leg).

Partner 2 – **Ladders** – Start by laying on mat facing the other way away from centre – jump up and sprint to the centre cone and complete 2 **Squat Jumps** then return to mat. Repeat but increase **Squat Jumps** by 2's each time until you reach the centre cone, continue for 2 minutes.

Station 3. – Partner 1 – 10 **Dumbbell Squat Press** – **Overhead Dumbbell Punches**

Partner 2 – **Travelling Jump Squat** to centre cone and run back (jumping forward and land in a low squat position) – 2 minutes

Station 4. – Partner 1 – **Knee Up Downs** (alternate leading knee)

Partner 2 – **Clock Push Up** – 2 minutes

Station 5. – Partner 1 – Run to opposite cone jump over it –return to other side and jump over cone - continue for 2 minutes adding on reps on the cone jumps each time (aim to get to 10 cone Jumps) – 2 min

Partner 2 – **Travelling Squats** with weights on shoulders to centre and reverse face on way back – 2 minutes

Station 6. – Partner 1 – **Reverse Lunge Flys.**

Partner 2 – 3 count **Jump Jacks/Star Jumps** (1 front, 1 right side, 1 left side) continuous for 2 minutes

Station 7. – Partner 1 – **Straight Arm Full Sit Up**

Partner 2 – **Ab Roll Ups** – Laying down on back get up to standing position – 1 minute (use weight in one hand if possible)

Station 8. Partner 1 – 20x **Dumbbell Russian Twist**– (drop dumbbell) 20x **Bicycle Sit Up**

Partner 2 – 10x **Plank Up & Down** – 10x **Spiderman Climb** (knee to outside of elbow).



Exercise Two: Game – *Heads and Tails 10 minutes*

Instruct the Campers to spread out around the circle as per diagram. Split them into two equal “teams” – name them heads and tails (or butts). Campers on the “heads” team are to place both of their hands on top of their head, whilst the Tails or “butts” team will place their hands on their own buttocks. From the centre of the circle announce go and the chase begins. Heads chase Tails, and Tails chase Heads. When a tag is made by removing one hand from a head or Tail to tag the opposing person – the person who is tagged automatically becomes a member of the team that just “caught” them. The game continues until everyone swears allegiance to the same team, or everyone is tired!

Variation: Toss a coin in the middle of the field, and shout the heads or tails outcome. The team which is announced chases the other team. Play several quick rounds, the game continues until everyone is caught.

Recover and Stretch