



BOOTCAMP PRO WORKOUTS

FOCUS: All Rounder & Abdominals. Cardio ★★☆☆☆ Strength ★★★★★

EQUIPMENT: Cones, Light Dumbbells, timer, skipping ropes.

SET UP: Two stations set up 15 meters apart.

WARM-UP: Skipping Intervals

Split group up Team A – Head out for a 90 second run around circle Team B – Skipping 90 seconds in centre and change over
2nd round have the centre group do alt Lunges and outside group do moving skipping around the circle.

EXERCISE ONE: Start in a circle on oval with plenty of room for sprints.

Time Increasing Ladders with sprints – Start with 15 sec 1st 2 exercises in set then repeat with 30 sec then 45 sec, run then move on to next set.

Set 1. 15 sec Walking Hand Plank with Single Push up – 15 sec Side shuffle plank 15 sec rest then repeat with 30 sec and 45 sec then rest for 30 seconds.

Oval sprint for 15 seconds then Run for 30 seconds.

Set 2. 15 sec Russian Jump Squats (Sumo squat position, alternate legs out to side, squat low) – Quick jumps with weights 15 sec and rest 15 sec and repeat until resting at 30 seconds.

Oval sprint and run

Set 3. 15sec Body Builders or **Burpees** – 15 sec Narrow Plyo High Jump and rest repeat until up to 45 seconds and Sprint again this time 15 sec up oval and jog back to recover and go again 15 sec each way.

Set 4. 15 sec **Side Lunges** with weights – Moving **Squat Jumps** Plyo Jump forward every 4th stop at do 6 **pulsing Squats**. Continue only up to 30 sec

Oval sprint this time 30 second around oval running slow and sprint for 15 sec and repeat x2

EXERCISE TWO: Strength Tabata set with Dumbbells 40 sec working 20 sec rest
Dumbbell Russian Twist – Rest – **Full Sit ups** with DB on chest – Rest

Clean and Press (Dumbbells to ground and shoulder press) – Rest – Alt Lunges with front Shoulder Raise – Rest

Dumbbell Wood Chop Swing- swing dumbbell through legs during deep squat – Rest

Stomach Jump Ups – face to the ground lying on stomach jump up and push Dumbbell over head

Plank to Push up (Plank position, push up and back down onto elbows and repeat) – Rest

RECOVER AND STRETCH