

BOOT CAMP PRO WORKOUTS



FOCUS: Leg Focus. Cardio ★★☆☆☆ Strength ★☆☆☆☆

EQUIP: Cones, Timer, Wall, dumbbells.

WARM-UP: Shadow movements with a partner. Partner has to copy the leading partner with a variety of exercises. Then change over leading partners – 5mins each (10mins in total)

EXERCISE ONE: Cardio

5,5s - 5 exercises completed 5 times through without stopping.

Squats, **Pulsing Squats** 5 seconds, **Jump Squats**, **Spilt Jump Lunges**, **High knees**.

Full Push ups, Knee - Push ups wide arm, Tri - Push ups (close grip) Mountain Climbers, **T Rotation**

Burpees, **Jumping Jacks**, **Side Ski** jumps, Little Jumps (forward and back), **Fast Feet** (run on spot)

EXERCISE TWO: Upper Body Circuit 15min

Set up 4 lines of cones (Campers start at line 1)

Campers start all together at 1st cone complete exercises for 30 seconds, run to 2nd cone complete exercise and so on until all 4 exercises complete.

Rest 15 seconds then repeat sequence then run back to start of circuit again trying to beat the first number of reps in same amount of time. Repeat circuit 3x, trying to beat reps each time.

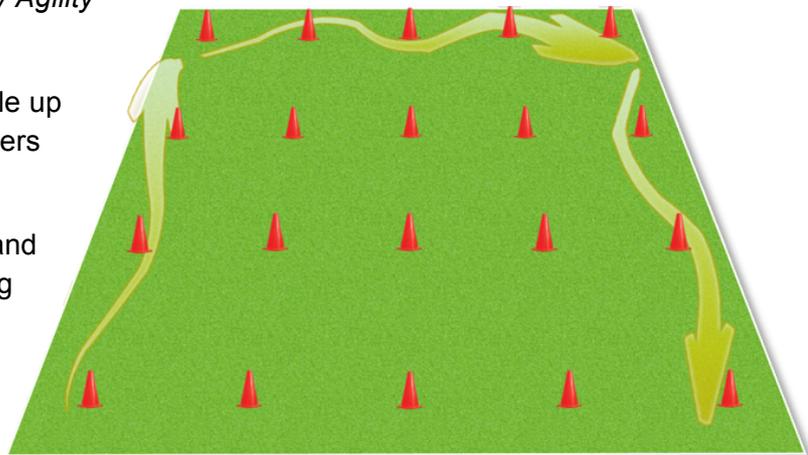
Circuit = 15x Push ups, 15x Dips & 15x Alt Lunges, 15x **Split Jump Lunge**. See how many rounds can be completed in 5 minutes.

EXERCISE THREE: Lower Body Agility

10min

Campers start at 1st line of cones, can double up Campers on a cone if you have more Campers than cones.

Start Campers with **Hammer Curl Squats** and they start to move to their left while squatting – As the Campers reach the far left cone they weave through cones to get back to start of line which is far right. (So in fact they are weaving the cones and then running right around the boarder of cones in a Box Drill)



2nd Set – **Y Squat** (Side Raises/Fly's while Squatting)



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EXERCISE FOUR: *Abs Cone Weave* 15min

Campers use 2nd line of cones to weave around. Start in a line facing cones doing Mountain climbers – on Instructors call they run and weave around their cone, run back in line with the cone of the person to their left. Last person in the line has to weave their cone, run behind group, in line with far right cone.

So as a group they move to their left. Continue doing moving Side Plank to Push ups for approx. 20–30secs between weaving, finish when Campers are back in line with the cone they started at! (For variation changes Push ups to sideways Triceps or Crab walk).

RECOVER AND STRETCH