



# BOOTCAMP PRO WORKOUTS

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

**EQUIPMENT:** Cones, Light Dumbbells, fit ball (or balloon, step/low bench

**SET UP:** Need to be near bench or curb & Hill or stairs.

**WARM-UP:** Quick Squats

Campers start at 1<sup>st</sup> line of cones – Head out to Far cones (15 metres/50 feet) and do 20 Quick Squats – Run Back 18 Quick Squats etc. decreasing by 2 until they reach 2 reps.

**EXERCISE ONE:** Step work (Upper & Lower Body with weights) 15 min

45 sec Step-ups with Light Dumbbells

45 sec Step-ups with Overhead **Shoulder press**

45 sec Step-ups with Bicep curls

1 min quick alt Step runs with Dumbbells

30 sec Mountain Climbers on ground (no DB's)

10 **Decline Push ups** (or hands on the step, feet on the floor)

30 sec Mountain Climbers on ground (no DB's)

8 **Decline Push ups** (or hands on the step, feet on the floor)

6 **Decline Push ups** (or hands on the step, feet on the floor)

30 sec Mountain Climbers on ground (no DB's)

4 **Decline Push ups** (or hands on the step, feet on the floor)

45 Right **Side Bend Squats** from the top of the step

**Tricep Dips** (16 tempo, then 8 haltime, then 16 pulses) – (no DB's)

45 Left **Side Bend squats** from the top of the step

1 min High Double Jump (Both feet land together and single leg step on return)

**EXERCISE TWO:** Fit Ball or Balloon Game (mark out a large area for boundary)

Everyone must keep the ball moving and not let it touch the ground for 3 minutes if anyone drops the Ball everyone must drop and do 10 Push ups on toes.

**EXERCISE THREE:** Strength Pyramids (Upper Body (10–12 reps) Using Step 20 min

Do each alt set of exercises 2x, 4x, 6x, 8x, 10x, 8x, 6x, 4x, 2x = 70reps of each!

Go through entire 6 exercises than back to 1<sup>st</sup> for 4 x etc.

**Dumbbell Butt Taps** (Front Raise Squat to bench) – **Shoulder Press** Dumbbell overhead

Dumbbell alternating Step ups – Bench Push ups (no weights)

Dumbbell step ups (alt leg) – **Reverse Lunges Flys**

**EXERCISE FOUR:** Fit Ball Abdominals

Have Campers pair up placing towels in two parallel lines opposite partners. Ball starts at one end and 1<sup>st</sup> Camper does 4 **Ball Sit Ups And Pass** (ball must touch the ground behind Camper) then throw to opposite partner where they do 4. As the ball moves up the line go up in 4's so next round (ball comes back down line) partner does 8 etc. After 1<sup>st</sup> Pair have done there 4 **Ball Sit Ups And Pass** pairs do **Push Up Hand Claps** until everyone through.

2<sup>nd</sup> round if not too big a group do **Ball Russian Twists** for 6 reps etc. and group continues with **Bicycle Sit Ups**.

**RECOVER AND STRETCH**