

BOOT CAMP PRO WORKOUTS



FOCUS: Big Running Focus Cardio ★★☆☆★ Strength ★☆☆☆☆

EQUIP: Cones, skipping ropes, Timer & Large Area

WARM UP: Tabatas 10min - 20 sec working/10 sec rest

Split Jump Lunge/Double Jump Jacks

Side Bend Squat (start from middle right side, middle left side middle) – **Forward & Back Lunges**.

Double **Squat Jump** in out (2 counts on middle) – **Triceps Dips** or **Squat Thrusts**

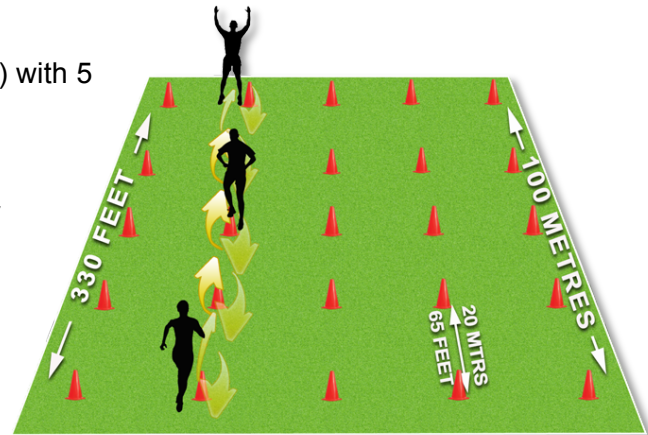
EXERCISE ONE: Cardio run 12min

Need to mark out a long distance (approx. 100mtrs/330ft) with 5 rows of cones including start line of cones space approx. 20mtrs/65ft apart.

Campers start all together on 1st line, sprint to 2nd line of cones – bunny jump over cones (**squat jump**). Sprint to next line of cones, Bunny jump over them etc.

At other end do 10x **Burpees** 10x **Pop Ups** 10x **Side Ski** Jumps. Run back bunny jumping at each line of cones.

Repeat doing 8x reps, repeat doing 6x reps, 4 reps.



EXERCISE TWO: Strength run 15min

Same set up as above – need to be near bench or step.

Campers start by doing 10x Push ups 10x Straight Leg **Triceps Dips** 10x Backwards Lunges off step.

Run and do Bunny Jumps over cones, down and back.

Repeat doing 8x reps. repeat doing 6x reps. repeat doing 4x reps.

EXERCISE THREE: Skipping intervals 8min

Campers in a straight line facing cones which are approx. 20mtrs/65ft away.

Skip for 2min – drop rope and run up touch ground and back

Skip for 90secs – run drop rope and run up touch ground twice (**High 5 Sky To Ground**) and back

Skip for 1min – run drop rope and run up touch ground three times and back

Skip for 30secs – run drop rope and run up touch ground four times and back

Interval Sprints

Set up a distance of approx. 25mtrs/80ft. Campers sprint all together.

Do 4 mins – Campers count how many they do? Rest and repeat for another 4 min aiming to beat the first time.

RECOVER AND STRETCH