

BOOT CAMP PRO WORKOUTS

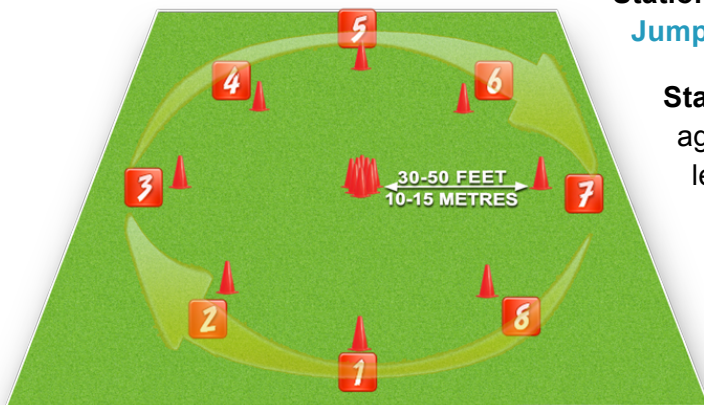


FOCUS: Circuit, body weight Resistance. Cardio ★★☆☆ Strength ★★★★★

EQUIP: 3-4 Medicine Balls, light dumbbells, Skipping Ropes, cones & Large area near a hill or stairs if possible. Workout 96 Circuit Cards.

WARM-UP: of group choice

EXERCISE ONE: 45 mins Circuit Training Put Campers into pairs of similar fitness levels. Each round lasts 4 minutes; partners swap at 2mins and rest between stations. Can use smaller undercover area if wet.



Station 1. – Exercise 1 – Skipping / Exercise 2 – **Tuck Jumps** (or touch ground and reach up)

Station 2. – Exercise 1 – Medicine ball throw ball against wall (Throw Double handed overhead and let bounce on ground and repeat) / Exercise 2 – Stairs

Station 3. – Exercise 1 – Ball Taps (on Medicine ball or place Dumbbell down & simply alternate feet like **switch foot** lightly touching ball or weight) / Exercise 2 – **Traveling Jump Squats** (jumping forward and land in a low in squat position)

Station 4. – Exercise 1 – Medicine ball foot taps / Exercise 2 – **High Knees** on the spot

Station 5. – Exercise 1 – Shuttle runs Exercise 2 – Hill or Stairs

Station 6. – Exercise 1 – Alternating **Reverse Lunge Flies** / Exercise 2 – **Clock Push ups**

Station 7. – Exercise 1 – **Dumbbell Russian Twists** / Exercise 2 – Dumbbell Lunge Kicks

Station 8. – Exercise 1 – **Bicycle Sit Up's** / Exercise 2 – Runs with Touch Downs to the left, and right after every 5 seconds.

EXERCISE TWO: 10 min Cardio Intervals with Abdominal Focus – Set up in the same circle 10 cones. (Place 2 Campers at each cone if necessary) Do 30 seconds of exercise then run to next cone, when every station has been completed everyone is to run all the way around circle completing one full lap of circle back to start cone. Repeat full circuit once.

30sec – Plank – 30sec – **Burpees** – 30sec – Pulsing **Half Sit Up's** – 30sec – **Turkish Get Up's** with DB's – 30sec – Lying Scissor Legs / **Flutter Kicks** – 30sec – **High Tuck Jumps** – 30sec – **Full Sit Up** with DB Push overhead – 30 sec – **Split Jump Lunges** with DB at chest level – 30sec – **Side Plank with Left Leg Raise** – 30sec – **Side Plank with Right Leg Raise**. Run circle and Repeat

RECOVER AND STRETCH