



# BOOT CAMP PRO WORKOUTS

**FOCUS:** DB Boxing (Ensure adequate breaks) Cardio ★★☆☆☆ Strength ★★★★★

**EQUIP:** Cones, Timer, light dumbbells, soft ball.

## **WARM-UP:** Dodgeball Elimination

One person is designated as "It" and is given a dodgeball (ensure the ball is soft). "It" then chases the rest of the group throwing the ball at them. If someone is hit they must sit down where they are hit. Once the ball is thrown, anyone may grab it and become "It." If the ball is caught, the thrower must sit down and the person who caught the ball is now "It." State that to sit down the ball must hit you in the air and headshots do not count. The twist is that someone who is sitting down can stand up and be back in the game if the person who hit them has to sit down. Therefore, the game does not end until 1 person ends up hitting every person (or until you call an end to the game due to time).

**NOTE:** If you play this game outdoors, make clear boundaries so the game does not spread out too much.

## **EXERCISE ONE:** Boxing cardio with Dumbbells. 20min

2 lines of cones set up with approx. 50mtrs/164ft between them. Have Campers start at one end.

Campers do 100 jabs holding Dumbbells, drop dumbbells and sprint to other end do 25 Mountain Climbers and easy jog back.

Campers do 80 Jabs – Sprint to other end, 25 **Half Sit Ups** and jog back.

Campers do 60 Jabs – Sprint to other end, 25 Mountain climbers and jog back.

Campers do 40 Jabs – Sprint to other end, 25 **Half Sit Ups** and jog back.

Have a rest, then do the same as above but run with Dumbbells starting with 60 (Alternating Overhead Punches)

Campers do 60 Overhead Punches – Run with Dumbbells – 15 Push ups

Campers do 40 Overhead Punches – Run with Dumbbells to other end – 15 **Squat Jumps** with Dumbbells on shoulders

Campers do 20 Overhead Punches – Jog to other end – 15 Push ups

## **EXERCISE TWO:** Strength 25min

Same lines of cones set up. Campers start at one end with Dumbbells.

10 Static Lunges each leg – Walk to other end with Dumbbells (arms at right angles) –

Do 9 Static Lunges each leg walk back continue walking back and forth dropping rounds until they get to 1 rep.

If time permits and they are not tired finish with another round of **Sumo Squats** Dumbbell on end and chest flat slowly raise and lower dumbbell as you squat legs wide.

10 rep and down to 1 rep.

## **RECOVER AND STRETCH**