

BOOT CAMP PRO WORKOUTS



FOCUS: Cardio with running focus

EQUIPMENT: Cones, Timer, dumbbells

SET UP: as per Diagram

WARM-UP: Tabata's 4min

20 seconds working – 10 second rest

Skipping or **High Knees**

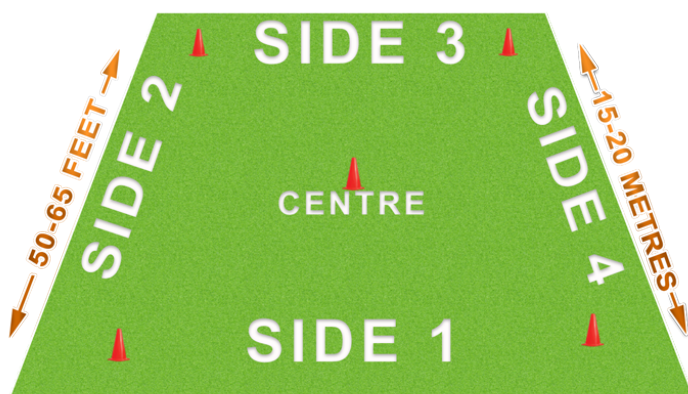
Mountain climbers

Sidekick Squat – Right Kick Squat – Left Kick Squat etc.

EXERCISE ONE: Square circuit 20min

Place campers in 5 teams.

All four teams at each side of the square and remaining team in centre of square.



Side 1 – Reverse Lunge with Front Shoulder Raises (using Dumbbells)

Side 2 – **Dumbbell Squat Press** (Dumbbells to touch ground)

Side 3 – Forward Lunge left leg leads – Jumping Jack with DB's – step Lunges Right leg leads continue for 90 seconds.

Side 4 – **Burpee – T Rotation With Push Ups** continue for 90 seconds.

Centre team – Skipping / **High Knees** / or 3 Side Jump Jacks (Left, centre and Right)

90sec each side with 30sec changeover. Repeat circuit until all through.

EXERCISE TWO: Square Sprints 6min

Mark out a large square area with cones. Campers run around each point of the square with their Dumbbells – call out an exercise and Campers stop and complete the exercise until they are instructed to run again!

1 = **Hammer Curl Squats**

2 = Bicep Curl Lunges Alt legs and arms

3 = One Leg Squat Dumbbells at side or at chest (call out Left or Right Leg)

EXERCISE THREE: Square Endurance 10min

Walking lunges with Dumbbells down one side – Side Squatting Left Leg leading down 2nd side (step side, squat, step side, squat etc.) – Walking Lunges down 3rd side – Side Squatting Right Leg leading down last side.

Continue on for 4 full rounds.

RECOVER AND STRETCH