

# BOOTCAMP WORKOUT

<b>WORKOUT GOAL</b>	Improve cardio performance, overall strength and conditioning. Burn a high number of calories					
<b>WORKOUT DESCRIPTION</b>	This workout includes 3 separate Bootcamp workouts. You can either choose to perform a different workout on each training day or stick with one workout for 1 - 4 weeks and then change your workout to the second or third workout and so on. For all 3 workouts you can use the same warm up and cool down					
<b>SAFETY BRIEF</b>	Perform an effective full body warm up. Stay hydrated throughout your workout. Please seek guidance from your GP for any injuries or medical conditions					
<b>EQUIPMENT</b>	Track, sled, battle rope, sqyre/tyre					
<b>DURATION</b>	34 mins. 5 x 4 min rounds. 5 min warm up. 5 min cool down					
<b>WARM UP</b>	5 min warm up. Complete each exercise for 30 secs. Perform two rounds	Press up	Windmill	Inchworm	Lunge	Squat
<b>THE WORKOUTS</b>	Session design & equipment			Methodology		
	Perform each of the 4 exercises in the workout consecutively. Take 1 minute recovery after all 4 exercises have been completed before you start again. Perform the set of 4 exercises 5 times			Complete 5 rounds of 4 consecutive compound exercises. Great for developing strength and cardio conditioning. To advance the intensity, increase work duration and reduce recovery time		
	Workout	Exercise	Time	Equipment	Exercise recovery	Target reps/distance
	Workout 1	Sled push	30 secs	Track & sled	30 secs	20-25 metres
		2 hand battle rope slams	30 secs	Battle rope	30 secs	30 reps
		Sqyre flip	30 secs	Sqyre	30 secs	10 reps
		Burpee	30 secs	N/A	30 secs	15 reps
	Workout 2	Sled pull	30 secs	Track & sled	30 secs	15-20 metres
		Alternating battle rope slams	30 secs	Battle rope	30 secs	40 reps
		Sqyre track carry	30 secs	Track & sqyre	30 secs	20 metres
		Squat jumps	30 secs	N/A	30 secs	20 reps
	Workout 3	Track shuttle runs 5m/10m/15m	30 secs	Track	30 secs	60 metres
		Dual battle rope circle slams	30 secs	Battle rope	30 secs	20 reps
		Sqyre deadlift	30 secs	Sqyre	30 secs	20 metres
Jumping lunges		30 secs	N/A	30 secs	20 reps	
<b>COOL DOWN</b>	5 min stretching					
<b>STRETCH</b>	Complete each stretch for 30 secs	Child's pose	Upward facing dog	Quadricep stretch	Shoulder stretch	
<b>IF YOU LIKE THIS, TRY...</b>	For an alternative Bootcamp workout, try our exclusive Freestyle Group Training gym floor classes, available at all clubs					