

BOOTCAMP (EQUIPMENT):

Equipment: Resistance tubing/ bands

Location: Outside (grassy area/soccer fields or in doors on gym floor)

What is boot camp: A style of training that will help strengthen major muscle groups and increase aerobic endurance.

How to do it:

- The FL should lead the group as one unit or for very large groups 2 or more FL's may break unit into groups.
- The FL should perform each boot camp strengthening exercise for 1 set of 12 to 16 repetitions.
- Perform the following resistance exercise sequence:
 - (a) Resistance tubing leg squats
 - (b) Crunches
 - (c) Resistance tubing seated back rows
 - (d) Push ups
 - (e) Resistance tubing arm curls
 - (f) Low level ankle hops (plyometric jumps)
 - (g) Resistance tubing arm kick backs
 - (h) Running in place as group
 - (i) Resistance tubing shoulder presses

Steps to follow:

- Warm-up 5 minutes
- Stretch

- Start Boot camp using resistance tubing
- Cool-down by slowly walking back to building
- Dismiss unit and brief next day workout