

Boot Camp Type Workout

For good results it's recommended to complete the workout every second day. You are welcome to mix up which options you use, for variety.

Time	Content	Points of Emphasis
	<p>Energy System – Aerobic Session Type – Resistance Session Duration – 55-60 minutes (includes warm up and cool down) Equipment Required – 2 kg weight (no more) or equivalent. Notes – Full Body</p>	
15min	<p>Warm Up <i>Refer to Basketball Australia Functional Movement Video (notes below)</i> <u>Movement (Complete over 10 metres)</u></p> <ul style="list-style-type: none"> ○ Walking High knees extend up on toes ○ Lunges ○ High Hand Lunges ○ Step and Tip into Superman long arms ○ Quick High knee Skip ○ Quick High Knees ○ Quick Butt Kicks ○ Karaoke – High knee then wrap behind <p><u>Balances-(15 seconds change feet)</u></p> <ul style="list-style-type: none"> ○ One foot in front of other ○ Single leg balances ○ Single leg balances with soft matt underneath foot and multitask (i.e juggle or dribble) <p><u>TheraBand-(15 seconds change feet)</u></p> <ul style="list-style-type: none"> ○ Single leg raise to the side ○ Grab Walk <p><u>Proprioception Exercises</u> Refer to BNSW HPP Protocols <u>Strength and Stability-(15 reps change legs)</u></p> <ul style="list-style-type: none"> ○ Single leg dead lift (with chair staying against the chair) ○ Single Leg bridge <p>Hamstring bridge</p>	
	<p><i>Pick one of the exercises below to complete in part A and another exercise in part B. Have your drink bottle with you throughout the workout.</i></p>	
10min	<p>Part A (Option 1)</p> <ul style="list-style-type: none"> - 10 Lunge walks then 1 push up - 9 Lunge walks then 2 push ups - 8 Lunge walks then 3 push ups - 7 Lunge walks then 4 push ups - 6 Lunge walks then 5 push ups - 5 Lunge walks then 6 push ups - 4 Lunge walks then 7 push ups - 3 Lunge walks then 8 push ups - 2 Lunge walks then 9 push ups - 1 Lunge walks then 10 push ups 	

10mins	<p>Part A (Option 2)</p> <ul style="list-style-type: none"> - 20 mountain climbers - 10 push ups - 15 squats <p><i>Every minute for 10 minutes. Your rest time is how quickly you complete the set. If you finish in 30 seconds you get 30 seconds rest, until the next round starts.</i></p>	
15-20mins	<p>Part B (Option 1)</p> <ul style="list-style-type: none"> - Shoulder Press x 20 reps - Burpees x 20 reps - Squats x 20 reps - Curls x 20 reps - Step Ups x 20 reps - Plank x 1min <p><i>You will use a no more than an object that weighs 2kg (ensure it is not too heavy, to complete the above exercises. (Burpees & Plank <u>weight not needed</u>). The idea with this type of training is repetitions. Completing the above cycle 3 times.</i></p>	
15-20mins	<p>Part B (Option 2)</p> <ul style="list-style-type: none"> - Squat and Shoulder Press x 20 reps - Push Ups x 20 reps - Squat Jumps x 20 reps - Curls x 20 reps - Mountain Climbers x 20 reps - Plank x 1min <p><i>You will use a no more than an object that weighs 2kg (ensure it is not too heavy, to complete the above exercises. (Push Ups & Plank <u>weight not needed</u>). The idea with this type of training is repetitions. Completing the above cycle 3 times.</i></p>	
10min	<p>Cool Down Refer to BNSW HPP Recovery Protocols</p>	