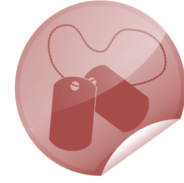


Boot Camp



WHAT IS IT?

Amplify your results with Boot Camp! Push yourself to burn up to 1,000+ calories in this intense and challenging 50-minute group-training program. It's about breaking through by combining sports specific, functional, core and plyometric training that triggers your metabolism and delivers results to every single muscle in your body. Boot Camp is your workout like you have never done it before!

WHAT WILL I DO?

Boot Camp consists of 10 five-minute rounds that work different muscle groups in there own areas of concentration which include:

1. Warm up – Total body!
2. Arms – Bi's & Tri's!
3. Back – Lose those love handles!
4. Abs – Obtain the 6 pack!
5. Legs – Total definition!
6. Endurance – Build up the breathing!
7. Balance – Concentration & Strength!
8. Power – Become explosive!
9. Recovery – Rejoice in you hard work!
10. Stretch - Avoid the soreness!

In pretty much all classes, you can expect to do calisthenics, such as pull-ups, pushups, lunges and crunches, as well as drills and sprints. Boot Camp has bursts of intense activity alternated with intervals of lighter activity.

IS IT FOR ME?

If you want to improve your cardiovascular fitness, burn calories, burn fat, shape and strengthen your entire body, and have fun doing it, then Boot Camp is for you. This class attracts people with all different levels of exercise experience, fitness, and exercise goals because you control the intensity of your workout.

HOW OFTEN SHOULD I DO IT?

Ultimately this is a total body workout, so you can do it once a week in conjunction with other workouts or you can do it most every day as your primary exercise routine. Those who are new exercise would not want to do too much too soon, but as your fitness level and your ability to recover improves; workout volume and intensity can increase. How you feel is your best judgment of your body's recovery requirements between workouts.

**** Don't forget your water bottle! ****

Boundless Gymnastics
www.boundlessgym.com