

# Boot Camp

## Survival Guide



### What is Boot Camp?

Boot Camp is a military approach to training components of fitness which will challenge you physically and mentally. The workouts are all held outdoors and are packed with a wide variety of exercises.

### Why should I try Boot Camp?

If you're experiencing an exercise plateau and need a more structured, motivational and time effective workout this style of training is for you. You will burn between 500 - 700 calories per class.

### Do you need to be fit to participate in Boot Camp?

No. The classes are designed for all fitness levels and have variations for intensity levels. The classes are lead by two trainers who will adapt the exercises to suit you.

### What are the physical benefits of Boot Camp?

Your strength, endurance and cardiovascular fitness will be greatly improved. In turn, this will speed up your metabolism and result in you utilising a greater amount of body fat as fuel during your workouts.

### How will I feel during the class?

You definitely won't be bored! With the variation of the exercise patterns, time will go very quickly. You will be tired and sweaty, but at the end of each class you will feel extremely energised. At the end of the course you will have built your confidence in your physical ability which will benefit all aspects of your day to day life.

### How often will I attend Boot Camp?

All Boot Camp cadets will train twice per week over a five week mission, 10 sessions per mission. Each session will last for the duration of 60 minutes and will include warm up, cool down and stretch.

### How many cadets will be in each platoon?

Each platoon is limited to between 15 - 30 cadets.

### When and where do the platoons meet?

- Tuesday and Thursday AM platoon = 06:00
  - Tuesday and Thursday AM platoon = 10:00
  - Tuesday and Thursday PM platoon = 18:00
- Cadets will meet next to the camouflage netting on the grass area outside the gym.

# Exercise Boot Camp Survival Guide

**Xiang Xie**



## **Exercise Boot Camp Survival Guide:**

Discover tales of courage and bravery in Explore Bravery with is empowering ebook, **Exercise Boot Camp Survival Guide** . In a downloadable PDF format ( Download in PDF: \*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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