

# Ultimate Bootcamp

Often when we think Bootcamp the image of a screaming drill sergeant might come to mind. The thought of unrealistic exercises and a constant whistle in the ear might be an instant turn off for most. So outside of the traditional army recruitment bootcamp, what exactly is this new rising trend? With bootcamps becoming more popular, questions are arising. Who joins bootcamps? Do you need to already be in good shape to participate? What drills are preformed? Can I do a bootcamp?

With this article we hope to clear up any bootcamp misconceptions and give you a clear understanding to the mission of a bootcamp program.

## **Lets start with the most common question, who can participate in a bootcamp?**

Any male or female who is looking to have fun, increase their fitness level, and meet new people should consider joining. Bootcamps are designed to meet the needs of any fitness level, age, and gender. Whether you are an athlete or an individual who never participates in physical activity, a bootcamp trainer can modify activities to meet the physical demand of each individual. Bootcamps often run from 4-8 weeks long, and every participant's physical capabilities will increase. Muscle and cardiovascular endurance will increase anywhere from 25%-50%. Other results often gained by the end a camp is weight loss, increased muscle strength, better functioning cardiovascular system, and enjoyment found in physical activity.

Boot camps are not only terrific for physical activity, but a great way to have fun and meet new people this summer.

## **What activities are preformed in a boot camp?**

Traditionally men and women have lifted weights to get stronger, build muscle, prevent injuries and increase bone density. Often these exercises are isolating specific muscles, which do not mimic our daily living movement patterns. Many of these exercises are not functional. Body Weight or Functional resistance training allows for greater injury prevention with the same strength and bone density results. Bootcamps focus on functional training.

Bootcamps are generally performed outside where there are no cardio machines, weight stacks, or exercise machines. Exercises are based on functional training, using your own body weight, any outside props such as park benches or hills, a simple mat, and often 5lb weights. Exercises vary greatly and consistently change. This strategy keeps the exercises fresh, fun, and keep your muscles working in various different ways increasing results.

## **What benefits will I get out of a Boot Camp?**

Whether you are looking for weight loss or to jump start your fitness journey, joining a bootcamp will do just that for you. Like mentioned earlier, you should expect an increase of 25%-50% in your endurance, increased muscle strength, cardiovascular capacity, and fitness knowledge.

Beyond an increase in your fitness capabilities, joining a bootcamp often will increase confidence, self-worth, and energy levels. You should also expect to have fun and enjoy meeting new people, whom are often there for the same reasons as yourself.

So if you are someone who is looking for a fun and effective way to increase your fitness level this summer consider enrolling in a bootcamp program.

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