Bodyweight Bootcamp

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What are the benefits of BodyWeight Bootcamp?
• Full body workout with no equipment needed
• Less time (10-30 minutes)
• Increase your intensity as you get more fit, so you are always improving your fitness level

What Exercises can you do if all you have is your bodyweight, no equipment?

Squats, Lunges, Jumping Jacks, Push Ups, Pull-ups (if you have a bar), Ab work like crunches and bicycles, Bridges, leg lifts (side and rear), Burpees, and more, plus there are many variations of these exercises, but we’ll keep it simple today:

Upper body: Push ups
Lower Body: Squats
Cardio: Jumping jacks
Core: Ab work and Bridges

How do you make it “Bootcamp”? Various methods make it more intense:

1. AMRAP- As Many Rounds As Possible- Do a set number of repetitions of each exercise, as fast as you can safely do- with good form- for as many rounds as possible in a set time period- 20 minutes for example. This is great because you don’t have to use a timer.
2. OR As Many Reps As Possible in a certain time period. Use Timed Intervals- 1 minute of each exercise for example, and do as many push ups as you can in 1 minute, then as many squats, etc.
3. Doing the exercises in circuit fashion allows the body to recover a little bit.
4. Add 10-30 seconds of recovery between exercises if needed. Needing recovery isn’t a bad thing- It means you are pushing yourself during the work intervals!
5. OR add cardio between each resistance exercise- for example run to other side of room and do 20 squats, etc.
6. Today, we’ll do a little of each so you can feel the difference!

Why do we offer Fit Body Boot Camp?

• Metabolism boosting, full-body workouts that combine resistance training with cardiovascular conditioning.
• Shorter intervals of higher intensity work have been shown to burn more calories, especially AFTER the workout. It’s called EPOC= Excess Post-exercise Oxygen Consumption. Which means your metabolism is revved up in “afterburn” mode for a longer period of time and at a higher level or calorie burn than doing traditional cardio or easy weight training.
• We use some bodyweight exercises, some free weights, some machine weights, bands, balls, etc.
• We do a different workout every time so you get variety for your body and your brain!
• We offer a free one week trial at my studio. Email me if interested.