

ADULT STRENGTH AND CONDITIONING

"BOOT CAMP"

WHAT IS A BOOT CAMP WORKOUT?

A Boot Camp Workout is a group of exercises that mix traditional calisthenics, body weight exercises with interval and strength training, in a way that resembles a military boot camp.

Classes are designed in a way that pushes the participants harder than they would push themselves. The program is also incredibly fun, with no two workouts alike, and having fun while working out is just as important as burning fat and getting stronger.

WHY A BOOT CAMP WORKOUT?

Boot Camp Workouts are comprehensive and address all areas of fitness including; developing cardiovascular and muscular endurance, boosting fat loss while amplifying muscle mass gain, increasing full body strength, enhancing agility and improving balance and flexibility. Simply put, these intense Boot Camp Workouts will GIVE YOU RESULTS!!!

Like other conventional workouts, a Boot Camp Workout involves calisthenics including, but not limited to; pushups, jumping jacks, crunches and other body weight exercises. Where a Boot Camp Workout differs is your own ability to increase intensity by pushing and challenging your body to its outermost limit. You will exert your entire body- going from one exercise to another, with no recovery period, allowing your heart to reach its maximum potential pulse rate without ignoring any muscle group. You will work, you will sweat and, best of all, you will get results-FAST. There's no better time, than today, to start living a stronger and healthier life.

FORCE TRAINING CENTER
14411 COIL PLUS DR. PLAINFIELD, IL. 60544
WWW.FORCEWRESTLING.COM

BOOT CAMP WORKOUTS ...

- Burn TONS of calories, reduce stress, lose weight, and increase energy.
- Alleviate workout boredom, build confidence and friendships.
- Work your WHOLE body in a short period of time by blending aerobic and muscle toning workouts.
- Challenge you to push outside your comfort zone and maximize effort.
- Encourages your success by helping you set and reach your GOALS!!!

This no-excuse, no-nonsense, intense, workout requires your commitment, accountability, drive, and hard work.

We get down to the basics starting day one with cardio endurance, core strength, flexibility and nutrition advise.

Get positive, visible results that will motivate you to stay on track!

Get out of your comfort zone and commit to be fit TODAY !!!



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ONLY \$60 PER MONTH

CLASS SCHEDULE:

TUESDAY 7:30-8:30PM

THURSDAY 7:30-8:30PM

SATURDAY 9:00-10:00AM

Come out and try a FREE class

CONTACT FOR MORE INFO:

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