



FITNESS
BOOT CAMP **TO GO**

"Holiday Survival Guide"

PLEASE READ PRIOR TO STARTING YOUR EXERCISE

Hi there,

I know how hectic holidays can be...we all want to be on holiday, but don't enjoy what it does to our waistline! So, that is why I put together the "Holiday Survival Guide".



It contains short workouts and a simple way for you to stay on track with the "Holiday Survival Checklists".

Thank you so much for giving me the opportunity to work with you and please let me know if you have any questions or queries.

Yours in Fitness,

Robin Buck

(Physiotherapist, Certified Strength & Conditioning Specialist)

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Disclaimer

This exercise programme has been prepared by professionals who have specialist knowledge in the area of exercise prescription. Every effort has been made to assure your safety. However, as with any exercise programme, there are risks, including increased heart stress and the chance of musculoskeletal injuries.

In volunteering for this programme, you assume responsibility for these risks and waive any possibility for personal damage. You also agree that, to your knowledge, you have no limiting physical conditions or disability that would preclude an exercise programme.

If you do have any medical issues that may be of concern, you further agree that a doctor has cleared you to participate in an exercise training and nutrition programme.

A doctor's examination is recommended for

1. All participants with any exercise restrictions; and
2. All men >44 years old and all women >54 years old.

Participants in either or both of these categories who do NOT have prior doctor examination MUST acknowledge they have been informed of its importance.

By signing up and performing this programme, you accept full responsibility for your own health and wellbeing and acknowledge an understanding that the leaders of Fitness Boot Camp, BootCampToGo and/or any of its employees or contractors assume no responsibility.



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Please note that all information shared is for educational purposes only. Please consult with your Doctor or registered health professional before embarking on or making changes to your exercise or nutrition programme



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HOW TO USE THE HOLIDAY SURVIVAL GUIDE

There are a number of resources included for you to utilize during the holiday period.

Checklists:

- There is an exercise and nutrition checklist
- Just do a weekly "ticking off" on your checklist to ensure that you are staying on track with your exercise and eating plans

Workouts:

- There are a number of workouts to choose from so please do not be overwhelmed by them all of them
 - **4 minute workouts** – these are exactly that and perfect for you to utilise when you are short of time. Just choose one of them, put on the workout music and follow the exercises
 - If you have a little more time available , then you can combine a few of these 4 minute workouts (in any combination you choose) to create a great 20 minute workout.
- **Cardio Interval Training** – there is a guideline to help you with any cardio training too. Just take a look at the "Rapid Fitness & Fat Loss Cardio" for a done for you 20 minute cardio workout

Workout Music:

- There is a workout music track *included: 20-10's
- Just copy this to your MP3 player, iPod or a CD for your CD/DVD player
- Press play and get exercising...

* Download the workout music track by signing up for the FREE "6 weeks to a firmer, flatter tummy program" at the link below. There are also additional workout and nutrition resources there too:

www.bootcamplogo.co.za/firmer-flatter-tummy



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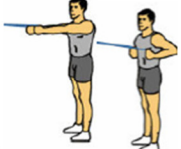
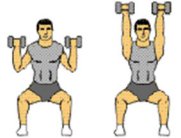

Holiday Survival Workouts:

Below are a series of 4 minute workouts.

- If you are short of time then just perform the one of them
- Otherwise, for optimal results, repeat these workouts (a 5-minute sequence) four times for 20 total minutes
- You can combine any of your favourite 4 minute workouts to create a great 20 minute workout
- Utilise the 20-10 workout to help automate the workout so that you can just listen and exercise

Arm Attack

Perform each exercise with maximum effort for 20 sec (or 10 reps). Then rest for 10 sec before moving to the next exercise in the sequence. Complete all 8 exercises (repeat 4 exercise circuit twice) and then rest for 1 minute.

Exercise	Image	Time / Reps	Tempo	Rest
Kneeling Push-Up		20 sec (or 10 reps)	Constant speed	10 sec
Row		20 sec (or 10 reps)	Constant speed	10 sec
Shoulder Press		20 sec (or 10 reps)	Constant speed	10 sec
Bicep Curl		20 sec (or 10 reps)	Constant speed	10 sec
Repeat this sequence 2 times for a great four minute workout				




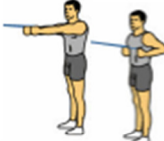




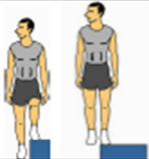



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"Holiday Survival Guide"

The "All Rounder"

Perform each exercise with maximum effort for 20 sec. Then rest for 10 sec before moving to the next exercise in the sequence. Complete all 8 exercises and then rest for 1 minute.

Exercise	Image	Time / Reps	Tempo	Rest
Kneeling Push-Up		20 sec (or 10 reps)	Constant speed	10 sec
Row		20 sec (or 10 reps)	Constant speed	10 sec
Squat		20 sec (or 10 reps)	Constant speed	10 sec
Deadlift		20 sec (or 10 reps)	Constant speed	10 sec
Plank		20 sec (or 10 reps)	Constant speed	10 sec
Side Plank		20 sec (or 10 reps)	Constant speed	10 sec
Step-Up		20 sec (or 10 reps)	Constant speed	10 sec
Shoulder Press		20 sec (or 10 reps)	Constant speed	10 sec
REST FOR 1 MINUTE				













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Core Crazy

Perform each exercise with maximum effort for 20 sec. Then rest for 10 sec before moving to the next exercise in the sequence. Complete all 8 exercises and then rest for 1 minute.

Exercise	Image	Time / Reps	Tempo	Rest
Plank		20 sec (or 10 reps)	Constant speed	10 sec
Bicycle Crunch		20 sec (or 10 reps)	Constant speed	10 sec
Side Plank (right)		20 sec (or 10 reps)	Constant speed	10 sec
Diagonal Wood chop(right)		20 sec (or 10 reps)	Constant speed	10 sec
Plank		20 sec (or 10 reps)	Constant speed	10 sec
Bicycle Crunch		20 sec (or 10 reps)	Constant speed	10 sec
Side Plank (left)		20 sec (or 10 reps)	Constant speed	10 sec
Diagonal Wood chop(left)		20 sec (or 10 reps)	Constant speed	10 sec
REST FOR 1 MINUTE				



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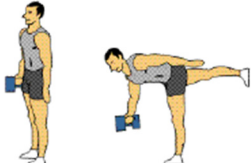
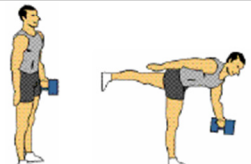


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Lethal Legs

Perform each exercise with maximum effort for 20 sec (or 10 reps). Then rest for 10 sec before moving to the next exercise in the sequence. Complete all 8 exercises (repeat 4 exercise circuit twice) and then rest for 1 minute.

Exercise	Image	Time / Reps	Tempo	Rest
Squat		20 sec (or 10 reps)	Constant speed	10 sec
Sumo Squat		20 sec (or 10 reps)	Constant speed	10 sec
Single Leg Deadlift (left)		20 sec (or 10 reps)	Constant speed	10 sec
Single Leg Deadlift (right)		20 sec (or 10 reps)	Constant speed	10 sec
Repeat this sequence 2 times for a great four minute workout				









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Total Body Terror

Perform each exercise with maximum effort for 20 sec (or 10 reps). Then rest for 10 sec before moving to the next exercise in the sequence. Complete all 8 exercises (repeat 4 exercise circuit twice) and then rest for 1 minute.

Exercise	Image	Time / Reps	Tempo	Rest
Squat & Press		20 sec (or 10 reps)	Constant speed	10 sec
Squat Swings		20 sec (or 10 reps)	Constant speed	10 sec
Mountain Climbers		20 sec (or 10 reps)	Constant speed	10 sec
Burpees		20 sec (or 10 reps)	Constant speed	10 sec
Repeat this sequence 2 times for an intense four minute workout				



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