

ADVENTURE BOOT CAMP FOR WOMEN

CincyBootCamp.com



Congratulations on your choice to get fit and have fun at Cincinnati Adventure Boot Camp!

Here are some important things to remember:

- Please ALWAYS arrive on time – 5:30AM Monday through Friday @ Cincinnati Tae Kwon Do
- Unless otherwise instructed, bring your hand weights and clean, non-marking shoes each day to Boot Camp – See below for special discounts if you don't have equipment
- If you MUST miss a day, let Brian know before that day arrives
- If you have an unusual ache or pain, tell us immediately
- Eat a SMALL meal before camp. Avoid juice. A great pre-boot camp meal is a protein shake.
- Wear layered clothing. You will get warm inside very quickly. Sweats will be your best method of keeping warm for the first few minutes each day. But you'll likely want shorts as you'll be plenty warm shortly after the session begins.
- **New or Clean Non-Marking Shoes** (or bare feet or socks) **only** are permitted on the special rubberized flooring, no outside shoes will be allowed. You should dedicate one pair of shoes for use at camp only. Please plan on changing into your "indoor-bootcamp only" shoes when you arrive.
- Avoid perfumes
- Have FUN!!
- Brian's **Cell Phone** Number is **(513) 407-4665, ext 105**

NOTE: YOUR PRE-CAMP EVALUATION WILL TAKE PLACE AT the HealthStyle Fitness Studio between now and the start of Boot Camp – See your email for the link to click to contact Leigh to set up your evaluation.

PRE-CAMP EVALUATION

What: Pre-Boot Camp Evaluation + T-Shirt Pick Up

Includes Body Composition, Blood Pressure, Body Measurements, Boot Camp T-Shirt & \$10 Off Coupon for Running Shoes at Bob Roncker's Running Spot

When: Anytime between now and prior to the Start of Boot Camp – Check Your Welcome Email to set up your evaluation.

Where: HealthStyle Fitness – 4325-B Red Band Road – Check Your Welcome Email for Direction Link

Time Involved: Budget 15 Minutes

Note: You will also be doing a cardiovascular (1-mile run/jog/walk - weather permitting) and strength evaluation (push up test) during your first week of camp.

What do I need to bring to camp each day?

Unless otherwise instructed, please bring your **exercise mat, weights, and non-marking shoes every day**. You may also bring a towel and it is highly recommended you bring a water bottle. Please note, you can only use clean, non-marking shoes, socks or bare feet on the specialize flooring at Cincinnati Tae Kwon Do.

You will need the following equipment:

- 5 pounds, 8 pounds & 10 pounds dumbbells (hand weights), in pairs
- A yoga style mat – or other type of lightweight mat

These can be purchased at **Exercise and Leisure** – located at:

3445 Highland Ave.
Cincinnati, OH 45213
Phone: 513-531-7777

Be sure to mention you are a client of Brian Calkins so you receive a 10% discount.

Special Camp Days to Remember

First Friday of Camp

At the start of our session on the first Friday of camp, we'll do a 1-minute pushup challenge. More fun will follow!

Last Day of Camp

On this day, we will do our final push-up challenge to show you the progress you've achieved, followed by another fun boot camp session, and then we'll go have some coffee. We will also give out the awards for *Perfect Attendance* and *Most Dedicated Camper*. **This is not a slack day simply because it's the last day of camp.**

IMPORTANT NOTE: We will not be taking roll each morning. It is your responsibility to sign in each day as you arrive. Simply place a check mark next to the appropriate day.

**Brian's number
Cell (513) 407-4665, ext 105**

For your maximum benefit and safety, please be warmed-up and ready to exercise when camp begins. A cold body is more prone to injury.

Bring A Friend Day

You will be able to bring a friend on one of the 2nd, 3rd or 4th Wednesdays of camp. **Make sure your guest is up for the challenge!** Tell Brian prior to bringing someone.

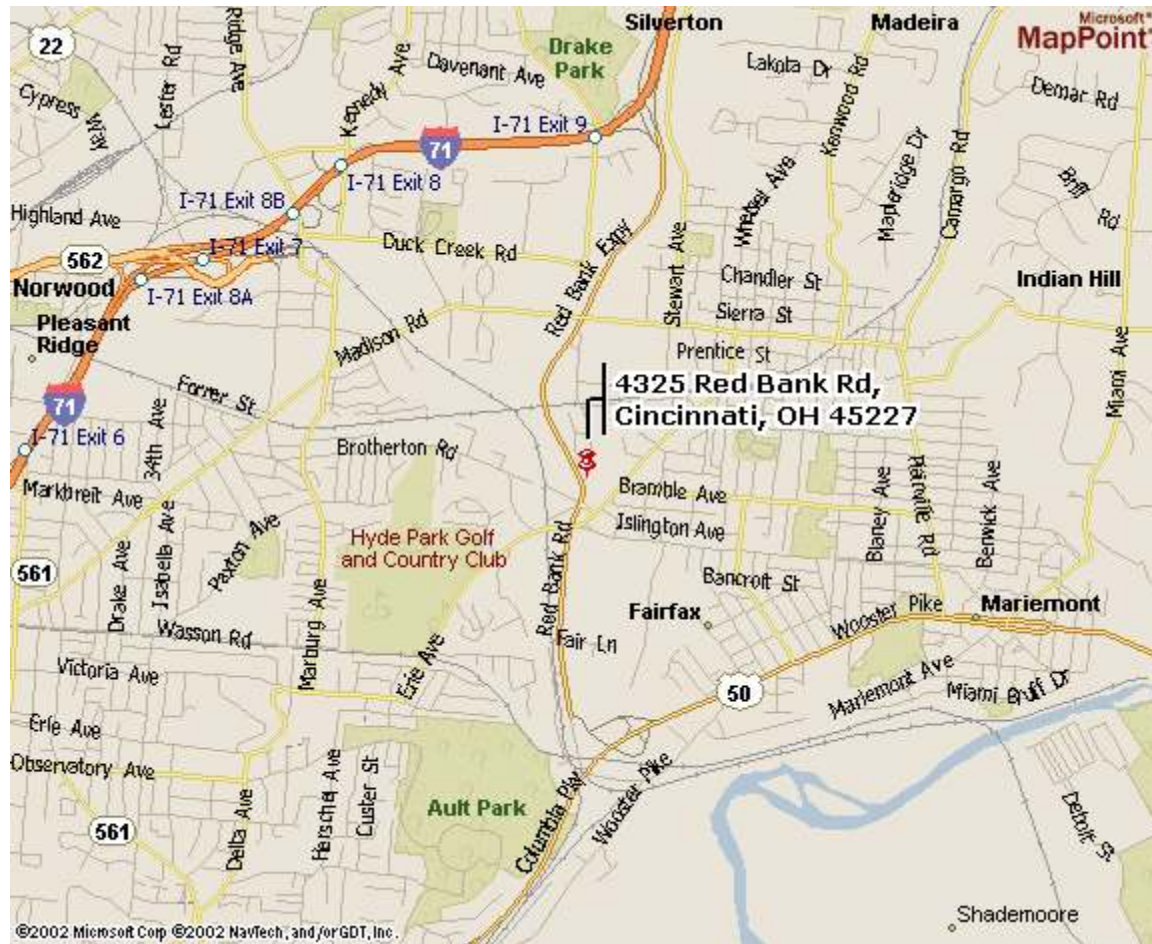
Snow Days

With snow, or the threat of snow, Brian will send an email by 4:45AM to announce the status of boot camp. You can also call 513-407-4665, EXT 104 by 4:45AM to hear a recorded boot camp status message.

Please call or check email on mornings with questionable weather – anytime after 4:45AM.

WHERE DO WE MEET EACH DAY?

Cincinnati Tae Kwon Do – 4325 Red Bank Road, Cincinnati, Ohio 45227 – Next Door To HealthStyle Fitness! - [Click here for a Map and Directions!](#) Or check your email for a link to the location!



About Your Adventure Boot Camp Instructor:

Recognized as one of the top personal trainers in the country, Brian Calkins has been helping Cincinnatians safely and effectively lose weight and feel great since 1999. In June of 2004 Brian was honored as one of the nation's top 50 personal trainers by the American Association of Personal Trainers and has been featured in THE WALL STREET JOURNAL and Cincinnati Business Courier.

Having worked with thousands of individuals, Brian has developed a warm, motivating & enthusiastic style and approach to fitness that has helped many people weed through all the weight loss and fitness hype and learn what really works.

Mr. Calkins has a strong passion for helping people educate themselves about health & fitness and improving their energy & vitality. He is a fitness presenter and author of various fitness publications including ***Burn Body-Fat the Right Way!*** a very popular weight loss book and co-author of ***The Power of Champions*** available for sale worldwide. Brian is a contributor to *Men's Fitness Magazine*, conducts a monthly radio show and has been seen numerous times on Cincinnati television.

He is the president of HealthStyle Fitness, Inc., the ONLY fitness company in Cincinnati to offer its clients guaranteed results...or their money back!

"It's a both a thrill and a pleasure to work with you at Adventure Boot Camp. I'm here to guide your progress and answer your questions. Your safety is of utmost importance to me. Please follow instructions, warm-up well, dress properly and inform me of ANY unusual ache or pain that may occur. Your maximum enjoyment is anticipated. See you at camp soon!!"

Sincerely,

Brian

Exclusive Boot Camp Services & Products

Equipment Discount

Due to our long standing personal and professional association with Brian Calkins, we are offering campers 10% off their equipment needed for the Adventure Boot Camp!

Exercise & Leisure Equipment
3445 Highland Ave.
Cincinnati, OH 45213

Phone: 513-531-7777
Toll Free: 800-548-1900
Fax: 513-531-7789

Meal Replacement Shakes

Great Tasting, Proper Portion Control, Easy Preparation

More info available at
<http://www.briancalkins.com/EAT!.htm>

Running Shoes

The Running Spot in O'Bryonville will give all Adventure Boot Camp Lades \$10 OFF any running shoes priced \$50 or higher.

(Pick up your coupon during your boot camp evaluation!)

Bob Roncker's Running Spot
1993 Madison Rd.
Cincinnati, OH 45208
513-321-3006
\$10 OFF

Nutrition Tracking Software

Get 25% off the leading nutrition tracking software in the industry!

Watch Demo: <http://www.vitabot.com/vbdemo.html>

Order here:
http://www.cincinnati-nutrition.org/Nutrition_Software.html