

Welcome To Bombshell Bootcamp!



Lose the Fat, Win the War

Thank you so much for joining this workout series. We are 100% committed to making this Bombshell Boot Camp challenging, fun and successful for you all. We are so looking forward to getting to know each and every one of you and helping you progress over the next 6 weeks.

No matter what your fitness level is right now, it will be improved at the end of the program. With encouragement, push and direction, you will begin to see how much you really can accomplish physically and mentally. Here are the details of the program, along with our FAQ at the end....

LOCATION

ALL workouts will be along **Buffalo Bayou at Sabine Street Bridge!** We meet at the bottom of the stairs at the northwest corner (below Sabine Street Lofts) and that is our “Base”. For Parking: Park along the bridge if you can find a spot (obey parking signs....they do tow!) or you can park in the Fonde Recreation Center parking or at the very east side of the Sabine Street Lofts (you can then walk down the walkway along the bayou to get to base).

MAP: <http://bit.ly/pTpx9E>



WHAT TO DO WHEN YOU ARRIVE

When you arrive the first day of camp, please come to our table to get your wristbands and turn in your waiver (you can also email this back). You can then place your items along the walkway (by the table) and begin your warmup.

We don't want to see anyone just standing around! Your warmup is just as important as the workout, so we want you to get started on that as soon as you arrive. The warmup (see below) will be on a dry erase board along with that day's workout.

THE WARMUP

When you arrive, we expect you to do the following warmup until approximately 6:10pm or when we call you back over to the base. Do this warmup at least once and then stretch for a few minutes and then repeat if you have time.

-Run 10 hills (small hill near base of camp). Start slow and gradually increase.

-Run 10 laps of the stair "loop". The loop starts at our base and you jog up to the top of the stairs, cross Sabine St. jog down the opposite corner of stairs and return to base. That is 1 loop. Repeat for 5 loops.

RESTROOMS & WATER

Restrooms are located in the lobby of the Fonde Recreation Center or you can use the facilities across Sabine Street at the skate park. Both of these areas are open to the public. If you forget your water bottle, there are fountains at both of these locations and there is also a fountain at the southwest group of stairs at near Allen Parkway.

SAFETY

If you are the first one there, do your warmup right by your stuff, so that it doesn't get stolen! You can do jumping jacks, jog in place, etc. Also, if you have your purse with you, DO NOT put it in your trunk after you park. If someone sees you doing this, they will break into your car and pop the trunk. Bring it with you or put it in your trunk before you

drive up. Also, when it starts to get dark earlier, be aware of your surroundings if you have to walk farther to the base. If you don't feel safe walking over, call or text one of us and we will come escort you.

HEART RATE AND RPE

These are the 2 methods we are going to use in order to gauge your progress and how hard you are working. If you already have a heart rate monitor, please bring it. If not, we will be periodically asking you to take your pulse so we can see what your heart rate is. Heart rate training is very important and it's a great way to tell how fit you are and how hard you are working. I would encourage you all to read my article beforehand so you understand what your numbers mean: <http://www.cari-fit.com/2009/02/how-to-workout-and-train-based-on-heart-rate/>. We will also be using the RPE (Rate of Perceived Exertion) Scale. We will familiarize you with it the first week, but basically will be asking you to tell us your number (1-10) based on how you feel.

WHAT TO EXPECT THE FIRST DAY & WEEK:

During the first week we will be evaluating your form and getting you conditioned so you can do your best over the next few weeks. We will also be doing optional body fat and measurements. ***During the second week we will be doing fitness testing!** Many people avoid this or get scared when it comes to testing. Treat this as a challenge and it's a great way to see how far you've come once we re-test at the end.

You will be tested on pushups, sit-ups, a wall-sit and a timed run. We will record your scores and we will re-test on the last day to determine your progress. We will talk to you more about this the first week. **This is only for those doing the 6-week package or who plan to attend the camp regularly for 6 weeks.*

WORKOUT DETAILS:

We've attached a workout calendar with a general outline of what to expect (this may change some). **Each workout will be 1-hour from 6:00-7:00pm.** Both Cari and Carrie will teach most nights together, with the exception of the makeups and a few classes every now and then. We may also have a substitute instructor or helper from time to time. Each workout will include a mix of cardio and strength training.

INCENTIVES:

The person who has shown the most improvement over the course of the session will get ½ off their next camp! We will also be rewarding the person who has attended the most classes with an official "Bombshell Bootcamp" t-shirt or tank (your choice)! Please note that progression does not mean who has done the most repetitions or run the fastest. The winner will be determined based on personal accomplishment from the beginning of the session to the end and will be decided by your trainers.

*incentives are not for drop-ins, only those who do the whole 6-week package.

Incentives for Everyone: If you bring 3 friends to the camp (all at once, spaced out or even just bring the same friend!) you will get a free t-shirt! This incentive is for those doing drop-ins or even "deals"/specials.

CONTACTING US:

Should you need to contact us for any reason, the best way is to email us:

info@bombshell-bootcamp.com (goes to both of us)
cari.shoemate@gmail.com or cari@cari-fit.com
Barnhart_Carrie@yahoo.com

OUR WEBSITE

Be sure to visit our website: www.Bombshell-Bootcamp.com for the WOD (Workout of the Day – in case you miss), to make a payment, to read our FAQ and more!

PAYMENT INFO:

Our standard rate is \$230; however, we will be offering some specials from time to time. We will always offer a drop-in rate for \$15 and you can pay with the same options below. We accept cash, check or credit card.

1. Pay online with credit card. Visit our website (link above) and click on the “Sign Up” tab. This will take you to the Paypal site where you can pay with credit card. If you are paying a special rate, you can still use Paypal and send your money to Cari@Cari-Fit.com

2. Pay in person. We will be accepting cash or checks (make them out to Cari Shoemate) in person at the camp site. If you are doing the whole 6-week series (vs. drop-in) we prefer if you bring payment the first night you attend.

WEATHER

All of the workouts will be outside along the Bayou. Always assume we are meeting unless you hear from us. The only time we will not meet is if there is thunder or lightning and it's not safe. Otherwise, just dress accordingly (layers, weatherproof jacket, etc). We offer 2 makeups every session to offset any cancellations. If we cancel a workout – it's not a free pass to have an “off” day. We encourage you to do one of the sample workouts we have provided inside at your home, your gym or other indoor location.

**If it's raining the day of the camp – we will send out an email before 5:30pm if we decide to cancel. If you don't hear from us – that means we are meeting!

WORKOUT GEAR & WHAT TO BRING

We encourage you to bring: **a mat or beach towel (for abs), a small towel (for sweat), water and a resistance band** for strength training.

What kind of band?

Go to Target, Wal-Mart, Academy or other store (Marshall's next to Fit has them for less than \$10 sometimes) and pickup a "resistance band" with handles. You will have many options for weight or tightness of the band (determines how hard it is to lift). We recommend that you get one of the lightest bands. Why? You can always make the band harder (we will show you) but if you get one that's too tight or heavy, you won't be able to do overhead things like shoulder presses.

Please get a good pair of cross training **shoes** or running shoes! This is soooo important. You don't want to end up with shin splints, or worse, falling down because of lack of support from your workout shoe. You want to have support for your ankles and avoid knee or hip injuries.

FAQ

HOW SOON WILL I SEE RESULTS?

This depends on how hard you push yourself during the workout, what you are doing on your other days (see below for recommendation) and what you are eating! If your body is not at a healthy weight and you have some to lose – you will probably shed about 1-2lbs a week (if you are eating healthy). If you really clean up your diet and add in extra workouts – you could lose closer to 2-3lbs a week and/or shed body fat and inches. We will take your

measurements (optional) at the beginning and end of the camp.

WHAT IF I MISS A CLASS? CAN I GET A REFUND?

We have past workouts on our website, sample workouts on Cari-Fit.com (under “Free sample workouts” on the right side) that you can follow if you miss the group workout. Also, we will be offering 2 makeup sessions (date and time TBD). Unfortunately, we will not be offering any refunds or credits on sessions.

WHAT IF I GET SICK OR INJURED OUTSIDE OF CLASS AND CAN'T ATTEND ANYMORE?

Unfortunately, it is against our policy to offer any refunds. If you get sick or get an injury – we can still alter your workouts so that you are able to still come. We have had many clients that have had major injuries, surgeries and other problems. **However, if you are sick and have a fever – DO NOT come to bootcamp** until you are well. We are offering 2 makeup days – so if you have to take a week off to get better please do so! Then, when you join back just alert us and we can have you adjust the workout some.

WHAT IF I START TO FEEL SICK OR GET INJURED DURING THE WORKOUT?

Speak up! We are going to make the classes hard, but you shouldn't feel intimidated. We've all gone to workouts or classes at one point or another and either felt sick or got a nagging injury. To avoid feeling sick – the best thing you can do is fuel your body properly (see below). Also, if you haven't had enough water and are dehydrated, this can also make you feel sick or dizzy. The workouts should be hard, but not painful! If something feels painful or not right, let us know and we will tell you what to do and get you extra help if you need it.

WHAT IF I'M SORE, SHOULD I STILL COME?

Yes! Soreness is expected, especially if you haven't been working out regularly. If you are in real pain....let us know and we can modify your workout. However, cardio and a moderate workout usually help the soreness to go away faster, believe it or not!

WHAT IF I'M NOT A RUNNER?

No problem! We will not have you guys running more than 1-2 miles during any given class. Most of the "cardio" you will be doing will be in interval format with lots of breaks. This is the most efficient way to burn fat and get results.

WHAT IF I'M NOT IN GREAT SHAPE OR ALREADY HAVE AN INJURY?

No problem! Our bootcamp is designed for all ages, sexes, races, abilities and workout history! At any given class, odds are there will be someone older, younger, more fit or less fit than you. Your strengths may be someone else's weakness and vice versa! We want you all to become teammates and a little healthy competition is great – but you are not expected to kill yourself because someone next to you can do more. We want you to challenge yourself based on how you feel, your goals and abilities. Know your body.

WHAT SHOULD I EAT BEFORE AND AFTER THE WORKOUT?

The most important part of any workout regimen, fitness endeavor, or overall health is NUTRITION! ***It is true: we are what we eat!*** All the blood sweat and tears you may shed over the next few weeks will do you no good if you are not fueling your body properly. We recommend that you stay hydrated all day and then eat a healthy snack about 1-2 hours before the camp starts. If you are eating within an hour before, make it a smaller snack and keep it low-sugar, low-fiber and low-fat. Don't show up to camp if the last thing you ate was at lunch 6 hours before – or you won't

have energy! Pack some almonds or leave them in your car. We like Larabars, Think Thin bars and fruit! After the workout, try to eat dinner within an hour so that your muscles will recover faster (include at least 10g of protein from lean meat, tofu, tempeh, beans, lentils, eggs or fish). If you know you won't be able to eat dinner until 1-2 hours later...eat some nuts or a bar on your way home. However, just because you are burning extra calories, doesn't mean you can eat more! Be mindful of what you are eating and how much. See our resources below for tips on healthy eating.

WHAT SHOULD I DO OUTSIDE OF THESE WORKOUTS TO STAY FIT?

If you really want to kick it up a notch (you'll see results faster) we recommend that you add an additional 1- 2 days of workouts. You will be getting in a good mix of cardio and strength training with us, but we encourage you to try one or more of the following:

-Endurance Cardio Day: Try to run, bike, use a machine or take a class that will keep your heart rate steady for at least 20-30min. Gradually increase the duration as you get more fit.

-Cross Training Day: Try something new. A new class, new set of machines, a new workout video, etc.

-Heavy Weights Day: We are going to be doing higher reps and body weight exercises, so we recommend that you mix in another day with heavier weights. You can use machines at your gym or use dumbbells that are medium/heavy for you. Aim for about 12-15 reps and do at least 2-3 sets.

-Yoga Day: We highly recommend yoga. Yoga helps with flexibility, helps prevent injuries and improves your breathing and posture. Cari is a certified yoga instructor and will mix in some yoga from time to time

OTHER RESOURCES

We recommend these sites for additional resources on staying fit and healthy:

www.Cari-Fit.com

www.FitSugar.com

www.YogJournal.com

www.nikewomen.com

*Please join our Bombshell Bootcamp Facebook page:

<https://www.facebook.com/BombshellBootcampHouston>

Also, follow both Cari and Carrie on Facebook & Twitter:

Cari's FB Page: www.facebook.com/cari.shoemate

Cari's Fan Page: www.facebook.com/Carifit

Cari's Twitter: www.twitter.com/CariFit

Carrie's FB page:

www.facebook.com/profile.php?id=1273489944

Again, thank you for participating in this Boot Camp. We are excited to have the opportunity to help you move forward toward your fitness goals. You will be amazed at what you will achieve.

Our best to you,
Cari & Carrie