

# Welcome To Bombshell Bootcamp!



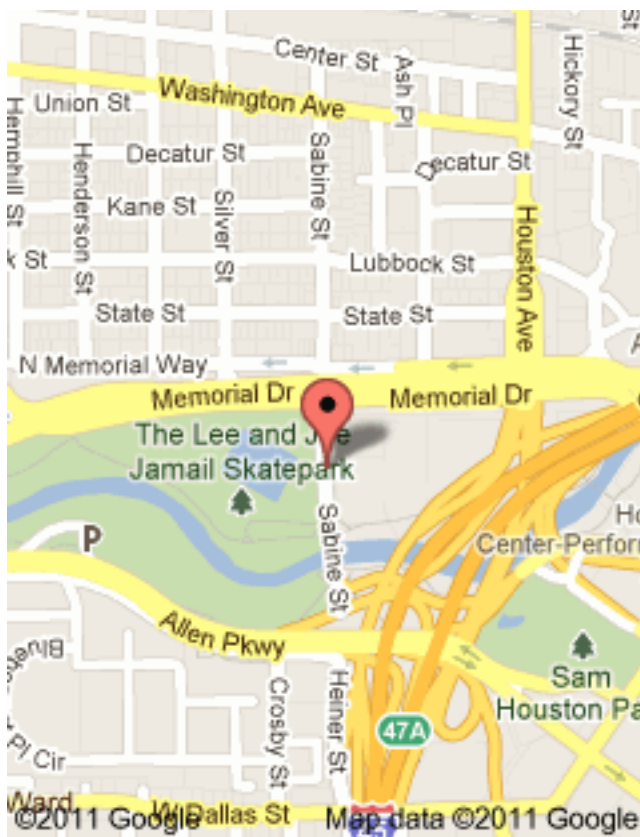
We are so excited that you have decided to join Bombshell Bootcamp! We are 100% committed to making this Bombshell Boot Camp challenging, fun and successful for you all. We are looking forward to getting to know each and every one of you and helping you with your goals!

No matter what your fitness level is right now, you will improve if you commit to at least one month with us. 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 northeast 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>



### **WHEN WE MEET**

We meet every Monday, Tuesday and Thursday from 6-7pm. Sometimes in the summer or hotter months we will offer a 6am class – but until that is announced, assume we are only meeting in the evenings as usual. Please try to arrive a few minutes before 6pm – especially if you are new, need to fill out a waiver or have any questions for us. However, if you need to come late to class or leave early – it's totally fine! We'd rather you come get in a good 30 minute workout than no workout at all! Also, sometimes we run over a little and end closer to 7:15pm. If you need to leave before then – no problem!

During the cooler months - we will offer more Saturday classes as a bonus! These classes will be included in your monthly or reoccurring package or you can use a punch on your punch card. Check our Facebook page and make sure you get our newsletter for updates on when we will be holding a Saturday class.

## **WHAT TO DO WHEN YOU ARRIVE**

When you arrive the first day of camp, please come to our table (or find Cari or Carrie) to fill out a waiver (we will provide this). You can then place your items along the walkway 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) may change from time to time, so if you are unsure...just ask Cari, Carrie or one of veterans.

## **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 gage 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:**

Your first week at camp will (and should) be a challenge - especially if you haven't worked out in awhile! It's completely normal to feel out of shape, out of breath and a little scared! But, don't get discouraged! Just do the best you can and if you need to take some breaks that's fine. For some motivation - check out some of the interviews from our vets here: <http://bombshell-bootcamp.com/topics/bombshells/> You will probably be sore the first day too. We recommend you read our FAQ's on our site here: <http://www.bombshell-bootcamp.com/topics/faq/>

### **WORKOUT DETAILS:**

We usually post workout teasers and info on our Facebook page - so be sure to check there: <https://www.facebook.com/BombshellBootcampHouston> **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:**

Occasionally we offer discounts and prizes to those that we think have improved the most over a certain time period, those with the best attendance, etc. We also award our veteran bombshells with a special "Certified Bombshell" shirt once they have been with us for 1 year! We hold many happy hour and social events where we give out prizes, workout clothes and cool gear!

We also partner with many brands such as Oakley, Zico, Fitness Magazine, Kashi, Bear Naked and other fitness brands and periodically will do contests and giveaways at bootcamp! We may not announce we are doing this ahead of time – so try to attend as many classes as possible.

### **CONTACTING US:**

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

[info@bombshell-bootcamp.com](mailto:info@bombshell-bootcamp.com) (goes to both of us)

[cari.shoemate@gmail.com](mailto:cari.shoemate@gmail.com) or [cari@cari-fit.com](mailto:cari@cari-fit.com)

[Barnhart Carrie@yahoo.com](mailto:Barnhart_Carrie@yahoo.com). You can also text or call

**713.568.5574**

### **OUR WEBSITE**

Be sure to visit our website: [www.Bombshell-Bootcamp.com](http://www.Bombshell-Bootcamp.com) to make a payment, to read our FAQ and more!

### **PAYMENT INFO:**

For our current rates and pricing info - please visit our website.

\*We will also be incorporating a new scheduling and payment software on our website Fall 2014. Until then, here is how you can pay:

1. Pay online with credit card. Visit our website (link above), choose your option and click "join now". This will take you to the Paypal site where you can pay with credit card.

2. Pay in person. We will be accepting cash or checks (make them out to Cari Shoemate) in person at the camp site.

## **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 try to offer makeup classes on Saturdays or sometimes Wednesdays if we have to cancel. But, 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 post an update on our Facebook page and also try to send out a newsletter (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 set of medium weights** for strength training. If you don't have weights (or don't want to bring them) you can bring a medium resistance band instead. We sometimes have weeks where we use bands to change things up and we will give you a heads up on when to bring your band. We like to use other equipment at camp such as weight plates, kettlebells, medicine balls and other gear - but Cari and Carrie will provide these.

### **For bands...**

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.

## **For weights...**

You can purchase your weights at the same places listed above under bands. They will be a little bit more expensive but you will get more out of them. If you are just starting out and do no weight training at all - we recommend 5 lb (we discourage anything less than 5's at camp). If you are more advanced - you could do 10's or even 12's. You can also get 2 pair and alternate one week heavier and one week lighter.

Please get a good pair of cross training **shoes** or running shoes! This is very 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?**

Unfortunately, we do not offer any refunds or credits on missed classes or packages. We post previous workouts on our website and sample workouts on Cari-Fit.com (under “Free sample workouts” on the right side) that you can follow if you miss the group workout.

### **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. If you come to camp and appear sick we reserve the right to send you home. No one wants to workout next to someone who has a hacking cough, runny nose or is complaining of feeling ill. It's better to skip a workout and get well so that you can start back strong and not end up making yourself worse.

### **WHAT IF I START TO FEEL NAUSEOUS OR GET INJURED DURING THE WORKOUT?**

Speak up! We are going to make the classes hard, but you shouldn't feel intimidated. To avoid feeling sick (assuming you weren't already sick or ill...see above) – 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 everyone! 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](http://www.Cari-Fit.com)

[www.FitSugar.com](http://www.FitSugar.com)

[www.YogJournal.com](http://www.YogJournal.com)

[www.oakleypbc.com](http://www.oakleypbc.com)

[www.cookinglight.com](http://www.cookinglight.com)

\*Please join our Bombshell Bootcamp Facebook page: <https://www.facebook.com/BombshellBootcampHouston>

and our Bombshell Bootcamp Instagram page:

<http://www.instagram.com/bombshellbc>

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

Cari's FB Page: [www.facebook.com/cari.shoemate](http://www.facebook.com/cari.shoemate)

Cari's Twitter: [www.twitter.com/CariFit](http://www.twitter.com/CariFit)

Carrie's FB page: [www.facebook.com/profile.php?id=1273489944](http://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