



## Boot Camp Preparation Guide

Many people will be apprehensive about joining a Boot Camp fitness training program. There have been published articles, and many in different industries who have stated that Boot Camps can be dangerous and cause injury, both physical and mental. Unfortunately this criticism has been fairly dealt as there have been cases of misguided Boot Camps which have been based on Hollywood movies, rather than tested and effective training disciplines. Subsequently, joining a Boot Camp program may be very intimidating for those that have not previously completed a large amount of fitness training. We receive numerous phone calls from people who are concerned as to whether they will be able to survive a Boot Camp program, as it is a major concern for many individuals. Our programs, starting at training types then moving right down through to session plan exercises are carefully tested by Gavin Stone and his talented group of trainers to make sure that you are receiving the safest, most valid and overall effective training program.

If you feel although you would like to have a preparation base before starting a Boot Camp program then we recommend you follow these segments of advice:

- 1) Visit your local General Practitioner (GP) for a general check-up. Make sure all your variables are not at excessive levels (exercise is an active medication for high blood pressure). Take a blood test, with a focus on iron levels and of cholesterol. If you are low in iron try and consume an increase in low fat red meat, which will help you increase in energy levels.
- 2) Book in for a Personal Training session. Have a full fitness assessment to set a benchmark for you current level of fitness. Run through a fitness session with your trainer to gain confidence in training under a qualified professional.
- 3) Complete 3 to 4 fitness or gym sessions per week. No need to be specific as to the exact details of your training. However, try and mix between weight training, boxing, cardiovascular equipment, core training and aerobic training (ideally a walk with sections of jogging around Canberra's Lake Burley Griffin).
- 4) If you have not already, start to establish a healthy diet. Ignore fad diets and what you may hear from friends or media (Carbohydrates are a vital source of energy, fat will make your fat before carbohydrates will). Follow the Australian Dietary Guidelines. If you are completely lost on this matter then consult a qualified nutritionist who can guide you on a healthy eating plan leading into your participation in a Boot Camp program.



5) If you are participating in a morning program, try getting up early (Boot Camp early, yes 5.00am) a few times in the weeks leading up to your first session. This will help prepare you for a change in sleeping routine.

6) Gain some knowledge on the types of training that you will be participating in during Boot Camp. This following list is a helpful resources to assist you in this area:

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

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

[www.kettlebells.com.au](http://www.kettlebells.com.au)

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

7) Experiment with different types of morning, or pre training preparation. Our advice is that you have breakfast or moderate meal around one hour before training. However, if you have tried this and it does not suit you as you may feel nausea, then try leaving the meal for only after training.

8) Drink plenty of water in the days leading up to your first training session – or any training session for that matter, this will help you stay hydrated and regulate your bodies' temperature during exercise.

If you have any more questions, queries or concerns please feel free to contact our head trainer Gavin Stone, and he will assist and guide you in your preparation for Boot Camp.

## Staff

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