

**What is our Bootcamp?** A Three week, 5 day a week program that kicks off on February 10th. This program is specifically designed to lean you out and increase your overall fitness. Our nutrition programs are included, individualized, and mandatory!!

## **Price**

-\$200, breaks down to \$13 per class. When you sign up, you are signing up for all 15 days, attendance is mandatory!

-Nutrition seminar on first day to discuss goals and pass out material.

-Weekly Check-in to assure you are on the right path and if you have fallen off, to help you get back on. The results you get out of this will be in direct correlation to the effort you put into it, we have 15 days with you and we want to make the most of it.

## **“An effective approach**

In gyms and health clubs throughout the world the typical workout consists of isolation movements and extended aerobic sessions. The fitness community from trainers to the magazines has the exercising public believing that lateral raises, curls, leg extensions, sit-ups and the like combined with 20-40 minute stints on the stationary bike or treadmill are going to lead to some kind of great fitness. Well, at CrossFit we work exclusively with compound movements and shorter high intensity cardiovascular sessions. We've replaced the lateral raise with push press, the curl with pull-ups, and the leg extension with squats. For every long distance effort our athletes will do five or six at short distance. Why? Because compound or functional movements and high intensity or anaerobic cardio is radically more effective at eliciting nearly any desired fitness result. Startlingly, this is not a matter of opinion but solid irrefutable scientific fact and yet the marginally effective old ways persist and are nearly universal. Our approach is consistent with what is practiced in elite training programs associated with major university athletic teams and professional sports. CrossFit endeavors to bring state-of-the-art coaching techniques to the general public and athlete who haven't access to current technologies, research, and coaching methods

## **Diet**

The CrossFit dietary prescription is as follows:

Protein should be lean and varied and account for about 30% of your total caloric load.

Carbohydrates should be predominantly low-glycemic and account for about 40% of your total caloric load.

Fat should be predominantly monounsaturated and account for about 30% of your total caloric load.

Calories should be set at between .7 and 1.0 grams of protein per pound of lean body mass depending on your activity level. The .7 figure is for moderate daily workout loads and the 1.0 figure is for the hardcore athlete.

## **What should I eat?**

In plain language, base your diet on garden vegetables, especially greens, lean meats, nuts and seeds, little starch, and no sugar. That's about as simple as we can get. Many have observed that keeping your grocery cart to the perimeter of the grocery store while avoiding the aisles is a great way to protect your health. Food is perishable. The stuff with long shelf life is all circumspect. If you follow these simple guidelines you will benefit from nearly all that can be achieved through nutrition.”

[Click Here to learn more about Crossfit's Foundations](#)