

# 10 STRATEGIES TO BEST UTILISE YOUR BOOT CAMP EXPERIENCE

**RESULTZ GYM**

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



# BOOT CAMP

I am super pumped for you! You now have the opportunity to train with some of Brisbane's most experienced and best group facilitators. You will quickly find out that it is impossible not to give it your all during every session as the group is so supportive and the trainers are able to manage and modify exercises to suit individuals when needed. It doesn't matter how fit or strong you are when you start. In fact we don't expect people to have a high level of fitness when they join in with our Boot Camp community. One thing I can promise is that your health and fitness is going to have an extreme makeover.

**Now read your 10 strategies**

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## 1. PLAN IN ADVANCE

Plan your Boot camp sessions for the week in advance (Perhaps make a commitment to yourself each Sunday). Having a systemised approach will far outweigh any kind of spontaneous approach to attending sessions. Remember, this is YOU time so own it!

## 2. GET CLEAR ON WHAT YOU WANT TO ACHIEVE

Get clear on what specifically you want to achieve with your Boot Camp training. Fat loss, weight gain (increased muscle mass), increased mobility, fitness and the list goes on. Your training will determine your outcome. What is it that you wish to achieve?

## 3. STAY HYDRATED

Ensure you are hydrated and have had some form of high energy carbohydrates before training...especially the morning sessions.



## 4. USE SUPPLEMENTS WITH YOUR TRAINING

Use supplements with your training if required. Our Boot Camp sessions are high intensity sessions which means that supplementation will assist in recovery, muscle growth, and performance of each session.

## 5. GET TO KNOW OUR BOOT CAMP COMMUNITY

Meet and get to know our Boot Camp community. Great friendships are forged in our close-knit Boot Camp crew and it is a great way to introduce yourself and meet other health-conscious like-minded people like yourself. Always introduce yourself to any new members to make them feel welcome.

## 6. GET THE SUPPORT FROM HOME.

Get the support from home. If you are married or have a partner ensure that they are 100% on board with your Boot Camp journey. Emphasise that this is important for you and ask for the support required to ensure that you can attend Boot Camp stress free (especially those with children).

## 7. EAT WELL

If you are going to train then you should eat well also. It is near impossible to out train a poor diet. The nutrition you consume in each meal is paramount to what you see on the outside. Train hard and eat clean.

## 8. FIND AN ACCOUNTABILITY PARTNER

Over the years, so many of our Boot Camp community have relied on close friends to assist them to show up and show up together. You know that every time you attend you will get the support and encouragement needed but sometimes a little more is required so consider getting a friend on board with your Boot Camp experience.... They will thank you later

## 9. KNOW WHEN TO TAKE A DAY OFF

Overtraining is often a lot worse than under training. Sore muscles, fatigue, or just a long day at work. It is okay to take a day off Boot Camp... As long as it doesn't happen all the time! In addition, we always allocate 5 min at the end of every session for stretching. Take advantage of this as it will assist in injury prevention.

## 10. HAVE FUN AND CELEBRATE YOUR SUCCESSSES.

If you hit a personal best on the chin-ups or push-ups, let your trainer know because we would love to be part of that celebration also. The whole reason most people attend group sessions is to create a better, healthier, and fitter version of themselves. If you hit a PB don't be selfish and share the love.

## 11. BONUS TIP!

*I know I only mentioned 10 strategies but I thought I would value add.*

Show up on time. We like to start on time so please respect or other members and our trainers by showing up on time.



# WHY ARE WE DIFFERENT TO OTHER GYMS?



At Resultz we have such a fun time continuously working on a super supportive culture for both staff and members.

Our community.... sometimes known as members love the Gym vibe that we have created.

**Resultz is a Boutique Gym with a "my gym" feel.**

## Popular Services

- ✓ Membership Access
- ✓ Boot Camp family
- ✓ Semi Private Strength Club
- ✓ Nutrition

## Staffed Hours

- 🕒 Mon to Thu: 7am - 2pm
- 🕒 Fri: 7am - 12pm
- 🕒 Wed: 4 - 7pm
- 🕒 Sat: By Appointment only

**Beat the crowds and be part of the Resultz community.  
Call us on 0414 474 040 or visit the Gym.**

**RESULTZ GYM**

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