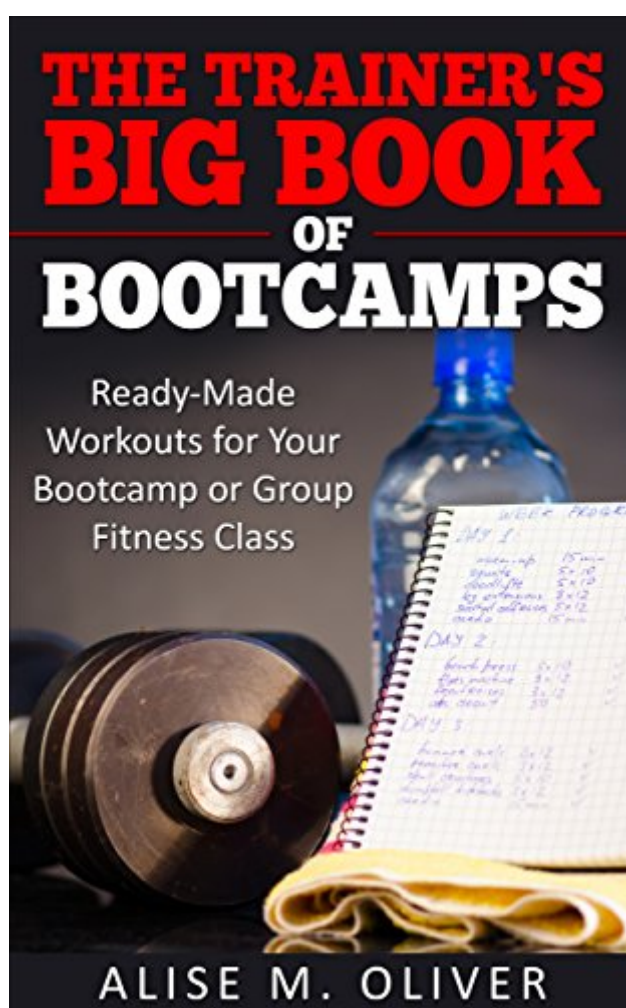


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# The Trainer's Big Book Of Bootcamps: Ready-Made Workouts For Your Bootcamp Or Group Fitness Class



## Synopsis

Are you racking your brain for new and fresh ideas for your bootcamp? Do you struggle to find the time to program your group fitness class due to the responsibilities of your life, your job, your family and kids? Are you new to group fitness or just starting your own bootcamp and lacking the experience in programming your own classes? I'm here to help! This is a fantastic book for the bootcamp or group fitness instructor. Inside you will find varied and effective workouts that will have your clients getting stronger and leaner and coming back for more! Think of the time and energy you will save having these ready-made workouts available to you anytime. Anyone looking for new, fresh, and varied ideas in their programming, or anyone struggling to prepare programming while trying to balance the commitments of family, kids, and job can benefit by having these workouts. In *The Trainer's Big Book of Bootcamps*, you will find: 52 original, proven, and challenging done-for-you workouts. Lots of dynamic warm-up ideas designed to safely and thoroughly prepare your class or bootcamp for a great workout. A detailed glossary describing the movements and exercises included within the book. **BONUS!** 13 additional workouts including several exciting partner workouts, along with numerous birthday and holiday themed workouts, guaranteed to entertain and challenge your clients at the same time! Just think! Fun and effective workouts are what keeps bringing your clients back for more - they are having FUN and seeing RESULTS! Whether you are a novice trainer looking for some guidance or an old pro looking for some new tricks, you will find *The Trainer's Big Book of Bootcamps* a GREAT resource to have. What's stopping you from giving yourself the freedom and help you need by having this resource available to you anytime? Scroll to the top and click on the "Buy Now" button! You'll be glad you did!

## Book Information

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## **Customer Reviews**

This book is really filled to the brim with everything you need to make the most of your workout. Was interested in this book from a personal perspective. I wanted inspiration and new ideas for workouts. This book really delivered and the author made it easy to understand and follow. You can follow the programs straight off if you want to or you can pick and mix as you like! With this book I will never be without inspiration for my workouts for a loooong time. Don't miss out!

This book is extremely comprehensive and detailed. Alise has included 52 "regular" workouts and 13 themed workouts for a total of 65 different workout options. Think that will keep your class busy for a while? The workouts are great, but they would be tough to implement if you didn't understand the exercises in the workouts. Luckily Alise gives extremely detailed descriptions and photographs of every exercise described in the book in The Glossary section at the end of the book. I write for a fitness website and am up to date on the fitness the industry, and even with that background, I picked up a lot of brand new useful information from this book. If you plan on coaching your own bootcamps or group classes, this book is a no-brainer. If you workout at home on your own and program your own workouts, this book will keep your workout schedule full for at least a year.

Although not a trainer myself, it is clear that Ms. Oliver's book is simply loaded to the max with workout strategies trainers can easily incorporate for any client. Well written and easy to follow. Watch out America -- training is underway!

This is a great resource book for instructors and trainers. Lots of fresh ideas and workout combinations to choose from. I also like that Alise includes great warm ups and a big variety of them. It can really be a time saver for trainers and instructors. I am looking forward to using them in my classes and trainings for my clients. I recommend it for all fitness professionals, but it can also

be a good book for people who want to design their own exercise routines. The Author includes wonderful descriptions and pictures for the exercises. 5 stars for sure!

I was lucky enough to be a part of many of these classes. I can tell you that there is something for all levels of folks and classes in these. I started as a complete novice, but with proper instruction which is laid out in this book I worked my way to believe I could do more. The basics are here. Work hard. Lift heavier than you think you can (hide the weights less than 8LBS). Use proper form. Rest. Repeat. Stretch. Plank for a long damn time. These aren't crossfit WODs. They are bootcamps. Good for men and women and for all levels as mentioned. Your classes will get stronger. Using the techniques laid out in the book, you will make an impact, and that's what you are probably after.

Although I'm not a current trainer, as a Physical Education major and someone who DID do some training 100 years ago, I can state without reservation that there are some great, clever, and innovative workouts here. I also liked the Glossary photos illustrating the various workout terms discussed in the book. I enjoyed it!

This Book is a FANTASTIC workout book. I am now INSPIRED to start working out again (at the age of 48). The book is outlined well and is very easy to read. The definitions of the exercises are easy to understand and follow and the workouts sound like so much fun that I am going to really enjoy working out again!! This book has put a pep in my step for sure!! Monica Richardson

My wife and I have busy schedules and can't always make it to the gym when Bootcamp classes are scheduled. The workouts and modifications in this book allow us to maximize our fitness goals in our home gym! This book is a MUST BUY!!

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