

The 10 Rules You Need To Know BEFORE Joining a Michigan Fitness Boot Camp

Rule #1 – A Fitness Boot Camp Should Offer You a Trial Period for FREE

- *You Should Be Given Access to the Trial Offer on The Fitness Boot Camp's Website*
- *You need to know that this is the right program for you*
- *After the Trial You Should Be Given the Option to Become a Permanent Client*

Register for YOUR FREE 1-Week Trial to Michigan's #1 Fitness Boot Camp
www.MichiganWomenBootCamps.com

Rule #2 – A Real Fitness Boot Camp Should Supply Equipment And Invest In Their Clients

- *The Client Should Be Supplied With The Equipment Necessary Needed To Get Real Results. The Client Should Not Be Asked To "Bring Their Own Weights"*
- *You Need To Ask Yourself What Kind Of Business Asks You To Supply Them With The Tools Needed To Do The Job You Are Paying Them For*

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Rule #3 – The Format of the Workout Should Be a Form of Circuit Training or Metabolic Resistance Training

- *This Allows for Time Efficient Workouts With Greater Metabolic "Afterburn" Post Workout*
- *This Allows for Greater Amounts of Work Completed in Less Time*
- *Progressive Weight Resistance Training Should Be Part Of The Program*

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Rule #4 – You Should Be Given Tools At The Beginning To Help You Succeed

- *You should be supplied with proven and tested information on proper nutrition to succeed at your goals*
- *You should be given nutritional support and guidance from Day 1*
- *This should at the minimum include a eating plan, personal food journal,*

and private consulting if asked

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Rule #5 – You Should Be Made Aware of the Expectations and Commitments Required to Be in Such an Elite Program

- *As a Trial Client/Member, You NEED to Be Made Aware of WHAT IT TAKES to Become a Committed Client*
- *Be Prepared to Put Forward Effort and Commit to Clean Eating and Proper Exercise*

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Rule #6 – Every Fitness Boot Camp Should Start With a Structured Pre-Workout Group Dynamic Warm-up

- *A Warm Muscle is an Active and Ready Muscle*
- *Dynamic Mobility and Flexibility Will Prepare Your Body For Movement Even More Than Static Stretching Alone*

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Rule #7 – Every Session Should Provide Progressions and Regressions For EVERY Exercise.

- *NO Client is Created Equal, Therefore an Easier and a More Difficult Option Should Be Provided With Each and Every Exercise in the Workout*
- *Progressions Can Make the Workout More Intense Where Regressions Can Allow Numerous Fitness Levels to Exercise in a Large Group at the Same Time*

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Rule #8 – Every Paying Fitness Boot Camp Client Should Be Given Access to a Nutritional Supplementation Workshop/Seminar

- *Nutrition is 80-90% of Your Fat Loss Success*

- *With Food Alone, We Still Can't Get All our Vital Nutrients – Being Made Available to a Supplement Program Like THIS Can Really Help*

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Rule #9 – Every Paying Boot Camp Client Should Be Given Personal Help With Their Diet Plan

- *. Fat Loss is Easy, Once You Figure Out What To Do!*
- *Exercise Alone Will Not Give You The Results You Desire, It Starts With What You Put In Your Mouth*
- *You Cannot Out Train A Bad Diet*

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Rule #10– The Fitness Boot Camp Should Have A Track Record Of Social Proof

- *Their Should Be Many Happy Testimonies Of Previous Clients*
- *32 Years Of Helping Women Reach Their Goals-We Have Lasted This Long Because We Get Results For Our Clients*

Register for YOUR FREE 1-Week Trial to The COMPLETE Fitness Program And Find Out For Yourself.

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