

GROUP EXERCISE:

Boot Camp Fitness “Exhausted in Ten Minutes!”

MAKE A GAME OF IT

If working out alone is not enough, take a good group exercise class program like Camp Crunch.™ Or, make your own cardio and strength training class by playing Push-up Poker. Simply draw a card from a deck of cards and immediately perform the number of push-ups indicated on the card, and double in crunches. Make each face card (Jack, Queen, or King) 10 push-ups and 20 crunches. Make the Ace 11 and 22. “No, the Ace is not a 1 for this fitness game. Nice try!” Make the 2 a wild card and have a family member or friend choose the number for you.

After completing the last crunch, immediately perform 20 seconds of sprinting in-place or high steps. After the 20 seconds of cardio, draw another card and continue. This is one of our favorite fitness games in the Operation Fit to Fight™ DVD trilogy and in the Instructor Certification program!



CALLING ALL CIVILIAN DRILL INSTRUCTORS

The sun was just making it's way over the San Francisco bay when twenty highly motivated civilian fitness instructors lined up for a day destined for sweat and muscle exhaustion. Recreating the intense exercises found in the START Fitness Operation Fit to Fight™ DVD trilogy, SSG Ken Weichert led a civilian platoon through a series of heart-pounding military fitness exercises, cadence calls, and fierce kick-boxing drills. They came looking to live 60 minutes of Soldier fitness and wound up getting a crushing shot of Boot Camp adrenaline!

REMARKS: Last November SSG Ken Weichert led a Military Fitness Instructor (Camp Crunch™) Training and Certification workshop at Crunch Fitness™ in San Francisco. Civilian fitness instructors traveled from all over California to endure this unique event. In 2007, SSG Weichert will travel all over the country to train anyone that wants to learn the START Fitness™ way! See www.startfitness.com or www.crunch.com for more details.

FEEDBACK FROM SGT. KEN'S BOOT CAMP

“I have been taking Sgt. Ken's Boot Camp class for over a year, and the instructor course for Camp Crunch brought my appreciation and intensity for the Boot Camp program to a whole new level! I feel I am armed with the knowledge to push forward and continue to learn more about group fitness techniques. I am looking forward to being part of the Camp Crunch Team! HOOAH!”

— Stephanie Scott

SPECIAL REMARKS:

We encourage you to request additional information by emailing us at askthetrainer@startfitness.com or to exercise with us while watching our OPERATION FIT TO FIGHT® DVD series. If you are ever in San Francisco, come to our studio where Military and Family members are always FREE.

A Gift TO THE GUARD FROM CRUNCH FITNESS®

Go to any Crunch Fitness™ gym in the country with this magazine and receive a \$200.00 value where they will waive the Enrollment Fee for any new Crunch membership purchased by a Guard Soldier or immediate family member. With over 30 Crunch Fitness gyms all over the country, you are bound to experience the fun and excitement of a new you through some sweat equity!

A \$200.00 VALUE

askthetrainer@startfitness.com