

Are you frustrated with the lack of results of your exercise program?

The problem isn't you. It is the exercises you are performing!

Your routine probably incorporates traditional machine, free weight and cardio exercises that are based on traditional "gym talk" rather than actual functional movement science. Training to **Get F.I.T.** doesn't require using fancy high priced equipment. Instead it is your body training as a unit to defeat and overcome gravity, momentum, and the forces that the ground throws back at you.

How does a Fitness Boot Camp workout benefit you?

Exercise multiple muscles simultaneously = **Maximizes caloric expenditure and anaerobic conditioning**

All exercises are "Core" exercises = **Maximizes development and tone of the abdominal and hip regions during every workout...**

Build your power center

Utilizes all movement planes = **Optimal dynamic muscle flexibility and joint range of motion while decreasing muscle/joint stiffness and YOUR potential for injury**

Exercises movements not muscles = **Unleashes hidden strength and power because muscles are exercised the way they were functionally designed to work together ... Start INTEGRATING and stop isolating**

Workouts Emphasizes work not time = **45 to 60 minute workouts that get you out of the gym with awesome results**

Variety and Versatility = **Workouts are "FUN" and cause your body to constantly adapt and change which is what creates to create fast instant results.**



Are you frustrated with the lack of results of your exercise program?

Good NEWS!!!!

It's Not YOU... It is probably YOUR Exercise Program and it can be fixed

Your routine probably incorporates traditional machine, free weight and cardio exercises that are based on traditional "gym talk" rather than actual functional movement science. Training to **Get F.I.T.** doesn't require using fancy high priced equipment and hours in the gym. Instead it is your body training as a unit to defeat and overcome gravity, momentum, and the forces that the ground throws back at you. It is training at relatively high intensities using resistance. Not sitting on some cardio equipment for 45 minutes at slow speeds.

How does a Fitness Boot Camp workout benefit you?

DECREASE EXERCISE TIME BY 50%

RBT Boot camps use exercises that require use of multiple muscles simultaneously. This in turn will Maximize your caloric expenditure, increase your work load while decreasing your body fat and overall exercise time by 50%

PROFESSIONAL FITNESS COACHING AT A 75% DISCOUNT

Personalized Training would cost you \$50-75/session. Boot Camp training will cost you \$10-15/session and you will get better results, have more fun and meet great likeminded people all at the same time

PERFORMAX – Performance Training™ (www.performax4u.com)

GET A ROCK SOLID CORE

All exercises are core activating exercises. Maximizes the development and recruitment of the abdominal and hip regions during every workout and never do another Sit-up again.

INCREASE YOUR FLEXIBILITY AND JOINT MOBILITY WITH EVERY EXERCISE

RBT Boot camps incorporate exercises that utilize all movement planes. Optimal dynamic muscle flexibility and joint range of motion while decreasing muscle/joint stiffness and YOUR potential for injury

EXERCISE MOVEMENTS NOT MUSCLES AND DEVELOP INCREDIBLE AGILITY

Unleash hidden strength and power by teaching and training muscles how to work together versus independently. Become a great skipper, walker, runner, jumper, pusher, and puller while sculpting the body you want, all at the same time

ALL BOOT CAMP WORKOUTS ARE TIME BASED..NO COUNTING REPS

Time based circuits allow anyone to take part in boot camp training. Since there are no reps... you can do 5 or 50 reps during a set. Just make sure you are working hard.

VARIETY AND VERSATILITY ARE WHY BOOT CAMP TRAINING IS UNMATCHED WHEN IT COMES TO WORKING OUT

RBT Boot Camp workouts are "FUN" and highly Energizing while forcing your body to constantly adapt and change. This is the secret to fast results and a great workout.

RBT Boot Camps... See what all the excitement is about!!

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