



Trainer Boot Camp Agenda

- 25 Pull ups Male (female 10 pull-ups or hang 2min.30sec.)
- 300 Jumping Jacks (30sec.Break)
- 25 Static pushups (30sec.Break)
- 100 Squat (90 Reg. /10 Static) (30sec.Break)
- 200 Shoulder rotations (100 Front 100Back (30sec.Break)
- 100 Squat (90 Reg. /10 Static) (30sec.Break)
- 50 Bend and reach (30sec.Break)
- 50 Wall hops (30sec.Break)
- 30 Body Builders (30sec.Break)
- 60 Mountain Climbers (30sec.Break)
- 25 Static pushups (30sec.Break)
- 50 Wall side steps (30sec.Break)
- 25 Star jumping jacks (30sec.Break)
- 25 Squat thrust (30sec.Break)
- 50 Fludder Kicks (4 count 2sets) (10sec.Break)
- 30 Hello dollies (2 sets) (10sec.Break)
- 50 Crunches (2 count 2 sets) (10sec.Break)
- 5 min. Break
- 3.5 Mile runs male 30min. (female 35min.)

Things to study for test #1

- Plans of motion
- V02 What's the meaning
- Degrees of freedom
- Anatomical Location
- Upper body muscles
- Complete new client training contract
- Must setup sample client from start to finish for 1 week three day work out. Use given name and stats to develop program for Client, be sure to complete your program fully. This task is worth 20% of your written test.

Things to study for test #2

- Five Components of a total fitness program
- Why warm up and cool down
- What dose D.O.M.S stand for?
- What does F.I.T.T stand for?
- What the term where two bones meet?
- Name three type of muscle found in the human body
- What does 1RM mean?
- Name 6 essential nutrients?
- Know how many calories are in Fats, Carbohydrates, and Protein

To pass Boot Camp Trainer must complete 95% of exercises, (A trainer may NOT complete one of the 17 exercises.) And trainers must score a 90% on the written exam. If you feel you are unable to complete the physical part of the boot camp you should attend the weekend prep boot camp which is held every Sunday at specified locations visit www.wellfitnessinc.com and click on the events link for direction and time.