

CODE★3 BOOT CAMP

What is CODE 3 Boot Camp?

CODE 3 Boot Camp is a fitness program designed by the inBalance City of Springfield Employee Wellness Program. These workout sessions, centered on functional fitness movements and circuit training, are conducted by Firefighters (in the spring) and Police Officers (in the fall) who are dedicated and motivated to make each session meaningful and productive for each participant.

What does CODE 3 stand for?

Code 3 is a response in emergencies- that's lights, siren, and driving quickly. The City's uniformed personnel respond with a sense of purpose and urgency. This boot camp contains a similar purpose as related to a Code 3 response to situations, meaning our fitness is an important priority. CODE 3 means- **Challenge Ourselves Daily- Everyone!** Because if it isn't challenging, it isn't going to change you! The 3 stands for 3 levels of fitness- beginners, those of average fitness, and those who would be considered very fit.