

CODE★3 BOOT CAMP

FAQ's

1. What is CODE 3 Boot Camp about?

A structured fitness boot camp, which goes for 8 weeks, meets at least 2 times per week, for 30-40 minutes. The sessions are conducted by Firefighter Fitness Trainers through the city, which are dedicated and motivated to make each session both meaningful and productive for the participant. The trainers will be there to guide you through each session. Deep down each and every one of us want to be challenged and in the end feel like we accomplished something in the end. The bi-product will be a new level of mental and physical fitness. The workouts are centered on functional fitness movements and circuit training.

2. What fitness level should I be at to participate?

CODE 3 was designed to speak to every fitness level and we welcome the beginners most. Everyone started their journey somewhere and having the most heart to start here carries more courage than many other decisions we make in life. This can be life changing for some. CODE 3 was designed for every fitness level, whether you're a 21 year old athlete or a 59 year old with a positive attitude. Both will be challenged at their own fitness levels.

3. Why CODE 3?

Deep down we all want to push ourselves a little harder- that's what a boot camp is about. Some want to change something about them- a look, a feel, etc. There is a niche and this boot camp can fill it. CODE 3 will offer results- quick! Results are measurable and who doesn't want to burn 2 times the amount of calories versus what some typical exercise classes' offer. More importantly- support groups! We are going through these 8 weeks together, forming bonds, making friends- all of these things help you "stick" with CODE 3. This provides instant accountability with peers, motivation, and we will guide each other through the workouts. It can be fun! Camaraderie is first, intensity is up to you (but- the more investment- the better the return, as they say), motivation- always, judgmental- never, change your outlook- for sure, push yourself to a higher level- I would bet on it! Support each other- that's what we are all about! Commit- never quit! Oh- and it's free!

4. Do I need any equipment?

No. CODE 3 is a body weight driven program. Equipment is great, but not necessary. CODE 3 was built around the fact that fitness doesn't have to be expensive or time consuming. It's the affordable solution for everyone. The only equipment necessary will be an exercise or yoga mat.

5. What should I expect?

For most, expect a positive experience like no other. Have fun, sweat, motivate each other, and before you know it- the workout's over. Most of us set limits on or for ourselves- proper motivation and guidance will take us past those barriers. The results- well- they are up to you, but the look and feel are awesome!

6. If I sign up, do I have to attend all sessions?

Yes. We want you to invest in yourselves. There are many priorities in life- fitness is one of those. We believe it is an attitude or a mindset that should be applied for the next 8 weeks, 16 workouts. Commit- don't quit!

7. Will I experience muscle soreness?

Best answer- yes. Recognize this is never a good gauge on how effective a workout is. It is however a bi-product of a workout sometimes. The couple of weeks of resistance training, many experience muscle soreness. Just recognize this is typical. We will always provide proper stretching techniques before and after each session. Especially after- this will aid in recovery periods following the sessions.

8. Will I visibly see results?

Best answer- yes. Results are really based on you- the individual. There are really 2 things that drive results, based on the program. First, that is intensity. The harder you work the extra repetition you put in, etc. - that helps drive results. I can use a row machine for 1 hour at a light rate and burn 250-300 calories or I can do it vigorously for the same amount of time and burn 800-1000 calories. Intensity has everything to do with it. If a beginner to CODE 3- start slow, but look to turn in up in the weeks to come. Second major factor is a person's daily nutrition intake. Quite often people will participate in fitness programs and during that program they may often feel hungrier or not pay attention to nutrition related issues, as a justification for exercise. This area can undo everything that a person is trying to accomplish.

9. Isn't cardio better for burning fat?

Cardio Respiratory training is a component of fitness. Yes it will burn fat and is vital to any program. CODE 3 Boot Camp gets the body working on all levels- all cylinders of an engine firing, if you will. It incorporates resistance training and cardio respiratory training, to turn the body into lean muscle and burn fat at a much higher level than typical cardio alone. Experts in the field refer to this as metabolic boosting in some form or another. Your metabolism gets fired up= fat burning, at much higher levels.

10. Will I get yelled at?

Do you want us to yell at you? It's a boot camp, yes, there will be yelling involved. Not at you- the group. You will never be harassed, abused, or degraded- just a positive reinforcement and encouragement. And some fun!

11. What do I need to do to get ready for CODE 3?

That's easy. Just pick from a couple of items listed below.

Tell someone you care about how much you appreciate them.

Lend a hand to someone.

Today- Do something! There is no TRY.

Ignore excuses to yourself about why I haven't started this or that- just do it.

Stay hydrated.

Pledge your faith- religion, family, fishing, running, you call it.

Respect where you have been.

Welcome where you are going.

You get the picture- come as you are- these other things are important too, so don't forget to throw down a couple of them or add to the list- that's all you have to do to get ready. See you there!