

# What to expect.....

Your training sessions will challenge you to push yourself to your next level, and is designed to help you achieve a total body workout. Each boot camp experience will present you with different challenges, and will take place in the base camp location as well as other locations. **YOU WILL BE OUTSIDE!** Please bring your positive attitude! The Spiritual Empowerment fitness program will include any or all of the following:

- **Crawling/walking/shuffling/running**
- **Calisthenics**
- **Body weight resistance**
- **High repetition weight resistance**
- **Heart rate training**
- **Box drills**
- **High Intensity Interval training**
- **Tabata Training**
- **Hill training**
- **Jump rope**
- **Plyometrics**
- **Partner drills**
- **Basic kickboxing**
- **Trail hikes**
- **Trail runs**
- **Relay races**
- **Obstacle courses**
- **Various stretching techniques**
- **Abdominal work**
- **Modifications for participants with limitations/restrictions**

**Again, you will be outside...on the ground, there may be fly's, ants, gnats...but again, you will be outside!**

**Prepare yourself for an amazing spiritual and fitness journey toward the realization of the healthy life that you deserve and what God wants you to have! We are all in it together; as I always say... "YOU CAN DO IT!"**