



BOOT CAMP CHECKLIST

- 1) Consult your physician prior to beginning this or any fitness program
- 2) Complete the PERSONAL FITNESS ASSESSMENT and LIABILITY WAIVER forms. You will not be permitted to participate without either.
- 3) DO NOT EAT PRIOR TO PARTICIPATING IN THIS BOOT CAMP
- 4) Bring a water bottle (or two)
- 5) Bring a large towel to perform exercises on the ground
- 6) A pair of garden gloves is recommended
- 7) Men: 8lb & 12lb dumbbells; Women: 5lb & 8lb dumbbells
- 8) Bring a protein drink or bar to have immediately after your workout.
- 9) We will weigh you in once each month, typically during the last camp meeting for that month. This will serve as bench mark for the following month's camp.
- 10) Bring your WILL to PUSH beyond what you're normally capable of doing!

It'll be fun....but, it won't be easy.