



Fitness Camp Manual





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Welcome Letter

Welcome!

Congratulations on making a commitment to a healthy lifestyle! FitWit is here to support and guide you as you embark on this new fitness journey. Since 2005, our fitness camp program has produced life-changing results and created a subculture of people united in their commitment to fitness and community. AND because you joined FitWit, you also are giving an underprivileged child the chance to become healthy and fit because we donate a portion of your camp fee to The FitWit Foundation—a non-profit that offers free fitness programs for underserved children in Metro Atlanta. If you have questions along the way, please feel free to ask.

Some FitWit basics:

- This is a year-round program broken into 4-week cycles, running Mondays, Tuesdays, Thursdays and Fridays with classes lasting 60 minutes each day. We will post a homework exercise every week on the camp blog for you to complete as your fifth workout (or you may choose from the off-day workouts listed in this manual.)
- Everyday will provide a new challenge – variety is a FitWit staple. Workouts will encompass the entire fitness spectrum from cardio-vascular endurance to speed to strength to agility. The basic format for our workouts looks like this: light cardio warm-up—jogging or, jump rope—(3-5 min.), dynamic warm-up (10 min.), workout (40 min.), cool-down and stretch (5-8 min.).
- We track your workout progress (times, reps, rounds) on our camp blog. Please check your location's blog frequently for score updates, community news and events and other fitness related resources (articles, videos, etc.).
- Your FitWit instructors are here to teach you, motivate you and encourage you to push yourself beyond your normal limits. They will email you when you miss, give you a “shout out” on the blog and meet with you outside of camp. Use them!
- Wear proper clothing. Choose athletic shoes and comfortable clothing that can dirty. If it's cold, dress in layers that you can shed as you warm up. Many campers also choose to bring a towel or exercise mat to use for exercises on the ground. This is not required but is highly recommended.
- It's natural to feel sore after the first few days of camp. Take hot showers and stretch throughout the day to stay loose. If your soreness turns into extreme pain, please advise one of the trainers.
- Bring a full water bottle everyday. Leave with an empty one.



- Eat a healthy snack about 30 minutes before fitness camp, but keep it light. Apples, protein bars, carrots and nuts are good options.
- **Be on time.** Please arrive at least 5 minutes early to ensure a productive hour-long workout. Missing any part of the warm-up increases the risk of injury.
- Make a commitment to be at every session. Skipping workouts **will greatly hinder** your progress.
- One of your goals at camp is to receive the completion dog tag key-chain. This key chain signifies successful completion of the camp, and it will only be awarded to those campers with good attendance (2 or less unexcused absences) and campers who are on time!
- You must be working out 5 days/week! You see us for four of those days, but on one of your off days, complete one of the workouts we have suggested for you (see the Off-day Workouts section). If you happen to miss a day with us, you must make up the workouts on your own to get to 5 days/week. Remember, missing workouts **will greatly hinder** your progress!
- Eat well and drink lots of water. No matter how good of an exercise program you are on, you can sabotage it with poor eating habits. See the Nutrition Plan section for details.

Again, welcome to FitWit. We promise that you will be challenged, that you will see results if you put in the effort, and perhaps most importantly, you will have fun! We look forward to guiding you to your fitness goals!

Yours truly,

The FitWit Team



Keys to a Successful Fitness Camp

1. Have fun and use each other!

Part of the fun of a fitness camp (and something you don't get on the treadmill at commercial gyms) is the camaraderie and the feeling of being part of a team. Encourage and push each other to reach your respective goals. Whether your goals are losing a few pounds, training for a race, or just wanting to get healthy, share them with each other and support each other in reaching those goals. Your FitWit team also instills a sense of accountability. You are less likely to skip out on a workout if you know your teammates are going to hold you accountable to your goals.

2. There is no substitute for hard work!

If you are new to working out, you may find that it is difficult to work through the muscle fatigue, sweat, and shortness of breath that accompany exercise. These are the signs of hard work, and dealing with these symptoms becomes easier with diligence. In fact, the hard work is what many people learn to love as it can alleviate the stress and frustrations of daily life. Of course, if you feel actual pain, you should alert your trainer immediately, but be careful not to confuse pain with hard work.

Remember: hard work = results.

3. Nutrition and exercise go hand-in-hand.

Sure, some people can continue eating candy bars for breakfast and see *some* results from an exercise program, but they won't be very *fit*. You will find that your body will change shape and form at a much faster rate if you stick to a healthy nutrition plan along with your exercise program. Not only will your body start to look better, but you will *feel* better and have more energy. When you eat better, your workouts will be more effective. Read more about nutrition tips in the Nutrition Plan section.

4. Stay positive and be realistic.

Exercise training is a roller coaster. Some days you just don't have it, and that's okay. However, over time you will experience more good days than bad, and you will see results. Also, remember to set goals that are realistic for YOU. Don't get down on yourself if you don't lose 10 pounds in 2 weeks. Remember to keep your eyes open for small victories. If you can't do all the activities on the first day of fitness camp, but you can do more in the second week, you are making progress!

5. Drink water. Drink water. Drink water!

Water is great for you. It flushes out toxins, lubricates the internal body, and helps the body metabolize fat. Strive to drink at least 64 oz. of water per day, and at least 32 oz. of liquid about two hours prior to your workout. If you find that you just can't let go of your caffeine, alternate a glass of water for every other beverage you have during the day. Eventually cut back on the coffee, soda and juice.



6. Get adequate sleep.

If weight loss is one of your fitness goals, this is a must. Most adults need between 7 and 9 hours of sleep each night. Try to stay consistent with your bedtime and wake up time. If you have trouble getting to sleep, try to establish a consistent bedtime routine—maybe a hot bath, a cup of decaffeinated tea and some light reading. After a few days of fitness camp, you should find going to sleep much easier!

7. Make Fitness a Priority.

If you want to look and feel your best all year long—not just during beach season—you will need to make fitness a way of life. Of course, this is not always easy when you are accustomed to putting work, family, and friends before yourself. You deserve to feel great, and your ability to work and support your family and friends all increase when you increase your fitness level. Make your exercise program a non-negotiable part of your day—something that will not be sacrificed for television shows, work or happy hour. This is not to say you enjoy these activities—it just means you will have to manage your time better. Watch TV or go to the bar *after* your workout.

8. Take stretching seriously.

One of the leading causes of injuries when exercising is muscle imbalance. Sometimes we tend to strengthen one set of muscles more in relation to others. Effective stretching (holding for 20 –30 seconds) will help alleviate some of our muscle imbalances and lead to more effective workouts and better flexibility. Stretch often.



Fitness Philosophy (and other useful information)

There are plenty of fitness magazines espousing a variety of routines and gimmicks to get you in shape, and many times, these accounts may seem contradictory. This is what we believe to be true about fitness (in our simplest terms in no particular order).

- Fitness can and should be fun . . . though workouts may be tough, accomplishing goals, building camaraderie, looking better, and living healthy should outweigh the sweat and tears. If it's not fun, you shouldn't bother.
- Fitness includes the following components: cardiovascular/respiratory endurance, strength, stamina, flexibility, power, speed, coordination, agility, balance, and accuracy. We strive to improve all facets to increase your level of fitness. Thus, by this definition, a marathon runner who lacks power and a bodybuilder who can't touch his toes are both lacking fitness.¹
- Every type of exercise can improve your fitness in one of the ten components. It all works—but nothing works for very long. At FitWit, we pride ourselves on creating total fitness that is applicable in every aspect of life. We vary the exercises and intensities to keep your body guessing.
- Fast and hard is better than slow and easy. As mentioned above, hard work does pay off! Short durations of exercise performed at high intensity produce all the same benefits (e.g. increased cardio vascular endurance, fat loss, increased insulin sensitivity) of long workouts performed at lower intensity without any of the negative consequences (e.g. muscle loss, reduced power). That is, infusing more explosive strength/power exercises (anaerobic conditioning) into your workouts will also increase your aerobic capacity. Go as hard as you can for as long as you can. Consider the following chart:

Fitness Benefits of Aerobic and Anaerobic Training

	Aerobic Training (long, slow distance)	Anerobic Training (sprints, intervals, strength circuits)
Cardiovascular Function	INCREASED	INCREASED
Fat Utilization	INCREASED	INCREASED
Muscle Mass	DECREASED	INCREASED
Strethn	DECREASED	INCREASED
Power	DECREASED	INCREASED
Speed	DECREASED	INCREASED
Anaerobic Capacity	DECREASED	INCREASED

¹ Adapted from "What is Fitness?" The Crossfit Journal, October 2002



- For people who are just beginning to workout, a typical progression for seeing improvements goes in this order:
 - You feel better.
 - You look better (glowing skin, increased muscle tone, pants seem loose, etc.).
 - Your times/weights/repetitions/rounds improve.
 - Your physical assessment numbers improve (scale weight, body fat, measurements).
 - Note for women: your weight on the scale and body measurements are typically the last thing to improve. In the first weeks and months of a new exercise routine, you should be building muscle, which will be put to use to burn fat. In the short term, however, this muscle will sometimes neutralize any initial fat loss on the scale. Thus, it is common for women to maintain the same weight for some time after the program has started. Don't lose heart!
- Stretching and strengthening prevents injuries. We believe that many injuries, especially back injuries, are caused by muscle imbalances which can be corrected by strengthening a set of muscles while stretching the opposing set of muscles (i.e. hamstrings and quads). The process takes some patience and some discomfort . . . proper stretching is not always fun!
- Eat lean meat and vegetables, nuts and seeds, some fruit, little starch and little sugar. Keep intake to levels that will support exercise but not body fat. Read more in the Nutrition Plan section.²
- Focus on training functionally. Life is random, and we try to prepare you for a variety of scenarios. This means preparing for anything as simple as being able to pick up a laundry basket to building a better heart in order to live longer. This also usually means focusing on core exercises and trusting the basics to get the job done (i.e. pushups, squats, pull-ups, running). Fitness gadgets and gizmos have come and gone because they all promise to take hard work out of the equation and yet somehow get you in shape. Don't believe the hype! Hard work, variety, nutrition, and accountability are the keys to achieving your fitness goals, and at the end of the day it's much more rewarding to know that you *earned* it.

² Ibid.



Off-Day Workouts

We've listed a variety of workouts for you to complete on your off days. Remember, your goal is to train 5 days/week, which means you must complete one of these workouts or a similar workout of your choice every week outside of camp.

1. In the park/on the road:

- Workout #1
Warm-up & Stretch
Run/Sprint 2 lampposts
Walk/Jog 1 lamppost
Complete cycle for 20-25 minutes around the park or on the streets.
- Workout #2
30 – 45 Minutes - extended run

2. At the track:

- Workout #1 – Interval Training:
Warm-up & Stretch
Run/Sprint the straightaway portion of the track
Jog/Walk the curves
Try 6-8 laps!
- Workout #2 – Pyramid Training:
Warm-up & Stretch
400 meter run (once around the track)
Rest 2 minutes
300 meters (3/4 around the track)
Rest 2 minutes
200 meters
Rest 2 minutes
100 meters
Rest 2 minutes
When you finish with the 100 meter run, rest 5 minutes and complete the cycle again. This time start from the 100 meters and build to the 400 meters.

3. On your bike:

- Workout #1
Complete the lamppost circuit as described above, however, bike hard for 4-5 posts before slow pedaling for 2 posts.
Bike for 30-40 minutes.
- Workout #2
Pick out a 10 mile loop around your home and time yourself. Each week try to improve your time.



4. In the gym:

- **Workout #1**
30-40 minutes on the elliptical machine or stair master
- **Workout #2**
Interval training on the stationary bike—30 seconds as fast as you can pedal followed by 1 minute slow pedaling (Complete 8 rounds)

5. In the water:

- **Workout #1**
Dynamic Warm-up—In waist deep water, complete the exercises that we do for our dynamic warm-up: high knees, butt kicks, skips, lunge, slides, sky walk, etc. (3 sets of each. In the water, run the length of the pool using good running form. Rest for 1 minute before returning in the opposite direction. (3 sets). High knees while marching in place: 1 minute (5 sets w/ 1 minute rest in between).
- **Workout #2**
Swim laps alternating laps between above-water swimming and under-water swimming. Try 15-20 minutes and add time as your fitness level improves.

6. Sports: Rock climbing, kayaking, hiking, basketball, soccer and other sports are great ways to get your heart rate up while still having fun! The more sports you play, the greater the contribution you'll make to your overall fitness.



Weight loss vs. Fat loss

Upon entering fitness camp, most client goals include weight loss. Though it's a good goal to have, we need to be careful about how weight loss is achieved. We can certainly give you a fitness camp program that would guarantee fantastic weight loss results. The regiment would entail extreme calorie reduction mixed with excessive cardio work, and the program would yield results. However, this type of rapid weight loss is unhealthy, and after leaving the camp, clients would inflate back to their old weight. We want you to lose weight—BUT we want you to lose it the right way so that it stays off!

The first thing to realize is the difference between scale weight loss and body fat loss. Let's say Jenny is 5'8" and weighs 155 lbs with 34% body fat, and she wants to lose 30 pounds. At 34% body fat, Jenny is carrying 53 lbs of body fat and 102 lbs of lean body weight (muscle, bones, blood, organs). A healthy body fat percentage for Jenny is about 25%. Therefore, Jenny would only have to lose about 15 lbs of body fat, not 25 lbs of scale weight, in order to be healthy. If Jenny was to lose 30 lbs in a short period of time, she would probably also lose precious muscle tissue. It would be unhealthy! Note the guidelines for body fat percentage in the table below.

Table 1. Body Fat Guidelines from American Council on Exercise

	Women (% Fat)	Men (% Fat)
Essential Fat	10-13 percent	2-5 percent
Athletes	14-20 percent	6-13 percent
Fitness	21-24 percent	14-17 percent
Acceptable	25-31 percent	18-25 percent

Now that you understand this difference between scale weight loss and body fat loss, you should adjust your goals to be measurable and attainable. We can reasonably expect to lose about 5 pounds of body fat over a 6-week fitness camp, provided that we are following the nutritional program. Keep in mind, though, that this does not always translate to losing 5 pounds of scale weight because while you're burning fat, you are also gaining muscle. It's often after the initial 6-8 week period of muscle gaining, that many clients will see the scale weight results that they desire. Once this muscle base is established, your body fat loss will translate more directly to scale weight loss.

You should be very wary of programs that offer immediate weight loss. The program we offer will help you lose weight the healthy way, and we'll teach you how to maintain your new weight. Remember, if there was a magic pill that took the weight off, *and kept it off*, we would never have to work out.

Follow the nutrition plan, and you will see results!



Fitness Goals

Setting realistic goals helps you stay focused and motivated to push yourself everyday. Achieving these goals really makes your fitness camp experience so much more fun. We'd like you to set some long-term and short-term fitness goals. Good goals are SMART - specific, measurable, attainable, realistic and timely. A goal of "wanting to look better" isn't as good as "increasing my push-up score by 10 reps by the end of the 6-weeks" or "I will attend all FitWit sessions in this camp" or "I will decrease the number of sodas I drink from 3/day to 1/day."

Use the space below to write out your goals.

Short-term goals (daily, weekly or in this current camp):

1. _____

2. _____

3. _____

Long-term goals (months, years out):

1. _____

2. _____

3. _____



Notes