



# 2021 SUMMER NEWSLETTER

Summer is here and we're thrilled to get outside! This season we want to focus on some outdoor fitness under the sun, a client spotlight, our new location in Natick, camp and class details, and, of course, client snapshots.



Atlanta Hawks guard Kris Dunn training with OFIT in our Lexington facility



Caroline Ducharme, an OFIT client and high school All-American, has committed to play basketball at The University of Connecticut. Go Huskies!



Bryan Doo, OFIT owner, performs same movement as client Kris Dunn



## CLIENT SPOTLIGHT

Charlie, a standout OFIT athlete and regular summer athlete group participant, is crushing it this season and we know he will continue to do so through the end of the season. We're so proud of you!!

#hardworkwins

# OFIT ATHLETE CAMP



Optimal Fitness 2021 Athlete Camp has begun and enrollment is still open for high school and college athletes! Camp will be held in our Natick and Lexington facilities and we'll focus on:

- Strength training
- Speed and agility/plyos
- Injury prevention
- Running form
- Conditioning
- Core control

If you're looking to take your athletic abilities and sports career to a new level please email us at [optimalfitnessboston@gmail.com](mailto:optimalfitnessboston@gmail.com) or call/text 508-414-5153.

\*Spots are limited

## NEW TRAINER

Jack joins OFIT with five years of experience as a strength and conditioning coach and has worked with athletes from youth through Olympic levels, including USA Beach Volleyball athletes. Jack is passionate about helping athletes gain a competitive advantage by learning the skills needed for their sport, both mentally and physically. His goal is to teach athletes to become better movers, gain strength and customize training programs to meet the needs of each athlete.

Jack grew up in Western Mass, played baseball at Springfield College and received his Master of Science Degree at Long Beach State University in Kinesiology. In his free time, he enjoys anything outdoors, reading non-fiction books, quality time with family and friends, and watching and playing sports.

JACK  
BALDWIN



# THE BEACH HOUSE

The Beach House is a new state-of-the-art premium indoor beach sports and entertainment facility. The Beach House includes 4 amply spaced high-end court systems for year round beach volleyball; a premium strength and conditioning annex with resistance, cardio and stretching stations; locker rooms; space for events and so much more!

And we're there to train you! The Beach House is now one of our new homes so come check it out!



# OFIT SUMMER CALENDAR

## ATHLETE CAMP



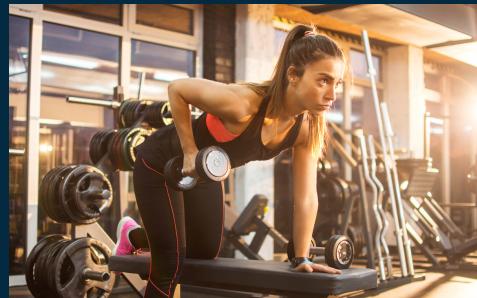
Monday - Thursday

8-9:30am

Lexington

Starts July 12

## BEACH BOOTCAMP



Friday's

12-12:45pm

Beach House - On the sand!

## YOUTH CONDITIONING



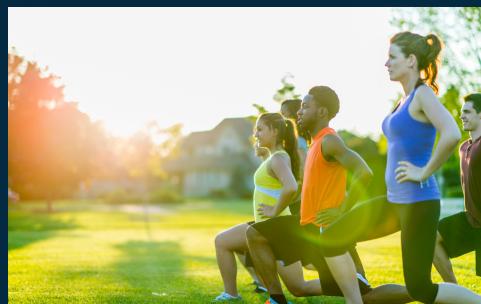
Monday-Thursday

3:45 -4:30pm

Beach House

Starts July 12

## FULL BODY BURN



Monday's and Wednesday's

12-12:45pm

Beach House - Outdoor workout

Starts June 7 - 6 weeks

## NATICK ADULT CAMP

Monday-Thursday

2:30 -3:30pm

Beach House

Starts July 12



# OUTDOOR WORKOUTS

It's finally warm outside and we're all feeling the outdoor fever! Here are two of our holiday workouts we did with clients and corporate sites that you can do anywhere, at anytime, but ideally under the sun!

Remember, you still need to warm-up and wear your sunscreen so once you get through both of those prerequisites you can jump into these routines!

Note: These are listed as body weight workouts but you can add any form of weights to take it up a notch!

↙ [Click for St Patrick's Day workout](#)

**Lucky #1 (sets)**

**ST. PATRICK'S DAY**  
*workout*

**S - Squats**  
3x

**T - T's in a bent over position**

**P - Push-up**

**A - Alternating lateral lunges**

**T - Toe touches (supine position)**

**R - Runners lunge switches**

**I - Irish jig (lucky shuffle)**

**C - Calf raises**

**K - Knee up to single leg deadlift (30 e side)**

**S - Side plank leg lifts (30 e side)**

**D - Deadbug**

**A - Alternating shoulder taps in plank position**

**Y - Y's lying face down (prone)**

**Note:** Please make sure to include a full warm-up prior to this workout and a cool down following!



[Click for Cinco de Mayo workout](#) ↘

**CINCO DE MAYO WORKOUT**

**5 EXERCISES PER GROUP**

**Static Stretches**  
(30 sec hold)

- Chest
- Hip Flexor
- Hamstring
- Calf
- Neck

**Warm- Up**  
(15 reps each)

- Arm Circles
- Neck Rolls
- Leg Whips
- Deep Squats with Pulse
- Ankle Circles

**Strength**  
(15 reps each x 2 sets)

- Push-ups
- Hip Lifts
- Bird Dogs
- Lateral Squats
- Surfers

**Cardio**  
(30 sec each x 2 sets)

- Run In Place
- Mini Hops
- Side to Side Skaters
- Mountain Climbers
- Cross Overs

**Cool Down:**  
**1 minute Deep Breathing**

# SUMMER CARDIO WORKOUT

Lace up your shoes and hit the road with this 26 minute run (or any form of cardio you want to do this with). Just like our strength workout above, make sure you complete a full warm-up before you get after it.



5 minute push (@80% effort)

90 second jog

4 minute push

90 second jog

3 minute push

90 second jog

2 minute push

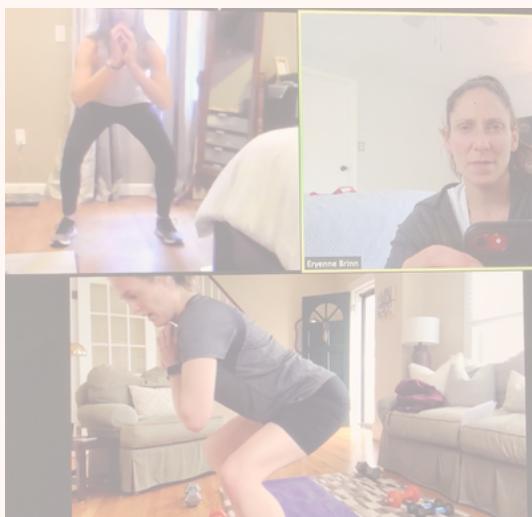
90 second jog

1 minute push

5 min recovery (walk or lightly jog)

## ZOOM

We're still available live online if you're not ready for in-person training!



You can check out our available schedule, trainers and peep some details about us [right here](#).

If you're interested in virtual one-on-one sessions, group training or coordinating a corporate bootcamp, you can also reach out to us at [optimalfitnessboston@gmail.com](mailto:optimalfitnessboston@gmail.com). We would love to hear from you and get you moving!



# OFIT SNAPSHOT

For information on personal or group training, sports performance  
and/or corporate programs please contact us at:  
[optimalfitnessboston@gmail.com](mailto:optimalfitnessboston@gmail.com)  
#HardWorkWins

