

Commanding Boot Camp Success.



By Rob Di Francesco

Commanding Boot Camp Success is targeted towards Fitness Professionals (encompassing Gym Instructors, Personal Trainers and Group Exercise Instructors) who want to learn to design outdoor group training sessions. Content covered in the course will help Fitness Professionals minimise the injury and maximise the performance of their clients.

Commanding Boot Camp Success explores:

- Advertising, marketing and pricing a new boot camp business
- Key aspects when choosing a training location
- Policies, permits and insurance for personal training outdoors
- Equipment for a military personal training session
- 4 rules of session planning
- Putting together a sign up package including waiver and pre-screening forms
- Safety factors to be considered when planning a boot camp session
- Instructional skills development
- Scripting your introduction and close of session debrief

Upon successful completion, course participants will:

- Be able to plan and deliver an authentic boot camp
- Know how to start advertising at a grass roots level and get the most return for your dollar
- Be able to use the key aspects to choose a training site
- Have the knowledge to progress and regress participants of differing fitness levels in your boot camp sessions
- Know how to use equipment to make your session more authentic
- Understand how to use the 4 general rules to set you up for boot camp success
- Be able to structure and deliver your introduction and safety brief

Course Creator Bio

Rob has been involved in the fitness industry since 1992, and in his current role of lead coach trains fitness professionals at the Australian Institute of Fitness. Inspired as a youth by David Hasselhoff's Baywatch character, his passion lays with creative outdoor/beach training, which he embraces running H.I.T Boot camp, a cross between Rambo and Chuck Norris style training, minus the Total Gym 1000.