



ATC BOOTCAMP

ATC BOOTCAMP IS DESIGNED AROUND THE 4 DIMENSIONS OF FITNESS :

- 1) A.M.P. = APPLIED MUSCLE PRINCIPLES
- 2) A.C.T. = ACCELERATED CARDIO TRAINING
- 3) F.A.B. = FLEXIBLE AGILITY & BALANCE
- 4) M.A.C. = MOBILE ACCURACY & COORDINATION

WITHIN THESE DIMENSIONS THERE ARE 12 FITNESS COMPONENTS :

- 1) A.M.P. - STRENGTH, POWER, SPEED
- 2) A.C.T. - ENDURANCE THRESHOLD, STAMINA, CAPACITY
- 3) F.A.B. - FLEXIBILITY, AGILITY, BALANCE
- 4) M.A.C. - MOBILITY, ACCURACY, COORDINATION

WEEKS:	PRIMARY DIMENSION:	SECONDARY DIMENSION:
WEEK 1 (RIP)	ASSESSMENTS	ASSESSMENTS
WEEK 2	AMP	ACT
WEEK 3	AMP	ACT
WEEK 4	AMP	ACT
WEEK 5	ACT	AMP
WEEK 6	ACT	AMP
WEEK 7	ACT	AMP
WEEK 8 (RIP)	ASSESSMENTS	ASSESSMENTS

EACH SEASON OF BOOTCAMP WILL CONSIST OF 8 WEEKS OF FITNESS TRAINING DESIGNED TO HELP YOU ACHIEVE EXCELLENCE IN EVERY DIMENSION, AS WELL AS IMPROVEMENT IN OUR UNIQUE CATEGORY-SCORE RANKING SYSTEM, WHICH IS DESIGNED FOR ALL AGES AND GENDERS TO BE SCORED COMPARATIVELY. SO WHETHER YOU ARE 20 OR 60 YEARS OF AGE THIS PROGRAM ASSESSMENT STANDARDS CAN BE SCORED EQUALLY!

WEEK 1 (R.I.P.)

R.I.P. = READINESS INDOCRINATION PROGRAM. THESE ARE FITNESS TESTS (ASSESSMENTS) DESIGNED TO DETERMINE YOUR CURRENT LEVELS OF FITNESS. YOU WILL HAVE THE OPTION TO PERFORM OUR 5 DAY R.I.P. ASSESSMENTS. EACH DAY OF THIS WEEK THERE WILL BE 2 R.I.P. FITNESS ASSESSMENTS GIVEN (EXCEPT DAY 5 - 1 ASSESSMENT ONLY, DAY 6 - MAKE-UP DAY). EACH ASSESSMENT WILL HAVE ITS OWN PERFORMANCE STANDARDS AND SCORING.

WEEK 2 - 4

(THIS SECTION OF THE SEASON, AS WELL AS WEEKS 5-7, WILL BE WORKOUTS DESIGNED TO ASSIST YOU IN IMPROVING YOUR ASSESSMENT SCORES AND RANK.) EACH DAYS WORKOUT WILL CONSIST OF A DIFFERENT **(B.P.O.D.)** "BODY PART OF THE DAY" WHICH WILL BE THE FOCUS FOR THE WORKOUT. DAY 6 WILL BE CALLED **(I.C.E.)** - "INSTRUCTORS CHOICE OF WORKOUT!"

THE WORKOUTS WILL ALSO BE OUTLINED TO INCLUDE THE PRIMARY DIMENSION **(A.M.P.)** PORTION AND THE SECONDARY DIMENSION **(A.C.T.)**.

(EXAMPLE-WEEK 2, MONDAY B.P.O.D. IS "BACK". THE A.M.P. PORTION OF THE WORKOUT WILL FOCUS ON ANY OR ALL OF THE 3 FITNESS COMPONENTS FOR THAT BODYPART. THE A.C.T. PORTION OF THE WORKOUT WILL CONSIST OF ANY OR ALL OF THE 3 FITNESS COMPONENTS FOR THAT DIMENSION, AS WELL AS A FULL BODY WARM-UP, COOL DOWN AND STRETCH PORTION.)

WEEK 5-7

SAME (B.P.O.D.'s) AS FIRST THREE WEEKS BUT DIFFERENT PRIMARY **(A.C.T.)** AND SECONDARY **(A.M.P.)** DIMENSIONS.

WEEK 8 (R.I.P.)

YOU WILL HAVE THE OPTION OF PERFORMING THE SAME R.I.P. ASSESSMENTS AS WEEK 1. THE MAIN GOAL IS TO ATTEMPT TO ACHIEVE A HIGH SCORE AND THUS A HIGHER RANK.

RANKINGS: (BASED ON MILITARY TERMS)

CATEGORY 1	PRIVATE (EVERY ATHLETE BEGINS HERE)	"ARE YOU READY TO GO, CAUSE YOU ARE IN THE ARMY NOW!"
CATEGORY 2	CORPORAL	
CATEGORY 3	SERGEANT	
CATEGORY 4	LIEUTENANT	
CATEGORY 5	CAPTAIN (SCORING IN THE RANK OF CAPTAIN FOR 2 CONSECUTIVE SEASONS QUALIFIES YOU FOR OUR A.T.P. (ADVANCED TRAINING PROGRAM))	