




SEASON - 4 CAPE CORAL



| <i>SEASON 4 - 6/21/21 to 8/7/21</i> | <u>MON</u> | <u>TUE</u> | <u>WED</u> | <u>THU</u> | <u>FRI</u> | <u>SAT</u> |
|---|---|---------------------|-------------------------------------|---------------------|--------------------|------------|
|  | LEGS/CARDIO | BACK/ARMS | CHEST/CORE | LEGS/CARDIO | BACK/CORE | |
| | 8AM - SCOTT | 8AM - SCOTT | 8AM - SCOTT | 8AM - SCOTT | 8AM - SCOTT | |
| | 530PM - SUZI | 530PM - SUZI | 530PM - JAVIER | 530PM - SUZI | | |
| | 630PM - JAVIER (KIDS BC) | | 630PM - JAVIER (KIDS BC) | | | |
| | | | | | | |
| SEASON 5 BEGINS 8/9/21 | AROUND THE CLOCK FITNESS - 1140 CEITUS TERRACE #8 - CAPE CORAL, FL 33991 CONTACT: 239.242.2348 www.myaroundtheclock.fitness (OR DOWNLOAD OUR APP!) | | | | | |

ATC BOOTCAMP

(PROGRAM INFORMATION)

ATC BOOTCAMP IS DESIGNED AROUND THE 4 DIMENSIONS OF FITNESS :

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

WITHIN THESE DIMENSIONS THERE ARE 12 FITNESS COMPONENTS :

A.M.P. - STRENGTH, POWER, SPEED

A.C.T. - ENDURANCE THRESHOLD, STAMINA, CAPACITY

F.A.B. - FLEXIBILITY, AGILITY, BALANCE

M.A.C. - MOBILITY, ACCURACY, COORDINATION

| <u>WEEKS:</u> | <u>PRIMARY DIMENSION:</u> | <u>SECONDARY DIMENSION:</u> |
|------------------|---------------------------|-----------------------------|
| WEEK 1 | AMP | MAC |
| WEEK 2 | AMP | FAB |
| WEEK 3 | AMP | MAC |
| WEEK 4 (TEST) | ASSESSMENT | ASSESSMENT |
| WEEK 5 | ACT | FAB |
| WEEK 6 | ACT | MAC |
| WEEK 7 | ACT | FAB |
| WEEK 8 (RE-TEST) | RE-ASSESS | RE-ASSESS |

EACH SEASON OF BOOTCAMP WILL CONSIST OF 8 WEEKS OF FITNESS TRAINING DESIGNED TO HELP YOU ACHIEVE EXCELLENCE IN EVERY DIMENSION

WEEK 1 - 3:

AMP WORKOUTS - THESE WORKOUTS WILL BE STRENGTH BASED WORKOUTS WITH A FEW ENDURANCE (ACT) EXERCISES INCLUDED. THESE WEEKS WILL HELP YOU TO BUILD BASE STRENGTH IN THE EXERCISES THAT WOULD BE CONSIDERED POWER (OLYMPIC) LIFT MOVEMENTS. LOW REPS, LOW VOLUME WITH HIGHER AMOUNTS OF WEIGHT IS THE MAIN GOAL. SPEED AND AGILITY (FAB & MAC) EXERCISES WILL ALSO BE INCLUDED IN THESE WEEKS.

WEEK 4 - ASSESSMENT

THIS WILL BE ANY DAY THAT YOU CHOOSE FOR THIS WEEK. YOU WILL PERFORM A SPECIFIC TEST ASSESSMENT WHICH HAS BEEN DESIGNED AROUND THE EXERCISES AND WORKOUTS YOU HAVE BEEN DOING IN 1ST THREE WEEKS. ALSO, YOU WILL DO OUR "IN-BODY" TESTING WHICH WILL GIVE YOU A IN DEPTH BREAKDOWN OF YOUR CURRENT BODY STATS (MUSCLE MASS, BODY FAT, HYDRATION LEVELS, & MUSCLE DISTRIBUTION)

WEEK 5 - 7:

ACT WORKOUTS - THESE WORKOUTS WILL BE CARDIO & MUSCLE ENDURANCE BASED WITH A FEW (AMP) EXERCISES INCLUDED. HIGH REPS, HIGH VOLUME WITH LOWER WEIGHT IS THE MAIN GOAL. ADDITIONAL EMPHASIS ON BALANCE AND COORDINATION (FAB & MAC) WILL ALSO BE INCLUDED IN THESE WEEKS.

WEEK 8 - RE-ASSESSMENT:

YOU WILL HAVE THE OPPORTUNITY OF RE-TESTING THE SAME WEEK 4 ASSESSMENTS. THE MAIN GOAL IS TO SEE IMPROVEMENT IN SEVERAL AREAS OF STRENGTH AND ENDURANCE, AS WELL AS IMPROVED BODY STATS.

THIS PROGRAM IS SPECIFICALLY DESSIGNED TO BE A "COMPLETE" FITNESS AND WELLNESS PROGRAM. IT GIVES YOU THE OPPORTUNITY TO WORK INDIVIDUAL BODYPARTS ON A DAILY BASIS, ALONG WITH STRENGTH, ENDURANCE, AND CORE UP TO 5 DAYS PER WEEK. BEING INVOLVED IN THIS PROGRAM WILL HELP TO HOLD YOURSELF ACCOUNTABLE TO YOUR HEALTH & FITNESS GOALS! YOU WILL BE WORKING WITH A TRAINER EACH DAY TO ASSIST YOU WITH ALL YOUR NEEDS!!

