



FARRELL'S
BODYFIT BOOTCAMP
'TOUGH BUT FUN'

USEFUL ADVICE

YOUR BODY NEEDS YOU!



ASSESS YOUR PHYSICAL CONDITION – Check with your Doctor if you are pregnant, have a history of heart or lung disorder, are excessively overweight, or are taking any medication

WARM UP – Prepare your body for the work to come and reduce the risk of injury

FOOD AND DRINK – Remember to allow at least one hour after eating and do not consume alcohol prior to participating in any activity.

PROGRESS AT YOUR OWN RATE – Never feel pressurised by what anyone else is doing. Each of us responds at different rates to the same exercises.

BREATHE REGULARLY – Do not hold your breath whilst exercising. It is important to breathe regularly during exercise and to exhale during exertion.

LISTEN TO YOUR BODY – During exercise PAIN DOES NOT MEAN GAIN; it means damage is occurring or about to occur. Dizziness, nausea, disturbed breathing, skin pallor and unsteadiness are signs of over-exertion. Do not ignore the warning signs. If you experience any of these reduce the intensity of the exercise or stop what you are doing.

FLUID REPLACEMENT – This is most important. We recommend that you have some water to hand, particularly during warm or humid weather conditions

TALK TEST – If you cannot carry out a conversation whilst exercising without panting or gasping for air you are certainly over-exerting.

**IF YOU HAVE
ANY QUESTIONS
PLEASE ASK YOUR INSTRUCTOR**

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WWW.BODYFITBOOTCAMP.COM
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