

WHAT IS IT?

Jiva Boot Camp is a circuit-style metabolic boot camp. This means that you move from station to station performing a different exercise at each of them for a set period of time. The focus of the class is on getting your heart rate up and raising your metabolic rate through short, intense bursts of activity. This type of session improves your cardiovascular system, your ability to do high intensity activities repeatedly, and burns a ton of calories in the process. This makes it a perfect class for those looking to lose weight and get in shape.

WHAT WILL I DO?

Jiva Boot Camp starts with a general warm up followed by the instructor demonstrating each of the 20 exercises (which are all labeled to remind you) within the circuit. Then you will choose a station to begin at and will travel clockwise to the next station at the end of each timed interval. In the first circuit (of 2) of the 20 stations, you have 50 seconds to perform each exercise. After the first circuit is complete, the group will then perform a 4-minute high intensity interval protocol called a Tabata. In this protocol you will do 8 rounds of working for 20 seconds, resting for 10, which totals the 4 minutes. Next, comes the second round of the circuit, but in this round you are only at each station for 30 seconds. Finally the class will come together to cool down and stretch, completing the class.

IS IT FOR ME?

Jiva Boot Camp is for almost anyone. With the reputation of being extremely difficult and looking like it would be confusing with everyone doing something different, a few simple rules makes this boot camp a great choice for most people.

Rule #1: The class is intensity specific, not exercise specific. This means that if a particular exercise is not something you can do because of an injury or condition, we will help you either modify the exercise or you can choose to do a completely

different exercise. It is more important that you work hard than perform any particular movement.

Rule #2: The intensity is more important than the duration. In the first circuit of 50 seconds per station, lasting 50 seconds is not the goal. Research has shown that greater results are achieved with shorter bouts of higher intensity. So, if you give an all-out effort for 10 seconds and choose to take the rest of the time recovering, it is more beneficial than trying to last the full 50 seconds. You can even skip whole stations if you need more recovery time.

Rule #3: If you have any questions, get the instructor's attention. He/she will be circulating through the class correcting form and looking to help those with questions.

Rule #4: Have fun! The variety of exercises, the current up-tempo music, and other class participants can make the Jiva Boot Camp a challenging, but fun experience.

HOW OFTEN SHOULD I DO IT?

Because of the high intensity nature of Jiva Boot Camp, the recommendation is to participate one to two times per week. As important as the activity is, if you don't give yourself an opportunity to recover from it, overuse injuries can occur.

HELPFUL HINTS?

While having said that the intensity is the key factor in getting the results you want, so is safety and proper progression. Using good form and giving yourself permission to not push yourself too hard for the first few classes, can keep you stay healthy and on the road to success.

HOW WILL I FEEL?

Participating in a different kind of activity than you are used to can make most people feel a little uncomfortable. However, if you approach Jiva Boot Camp with the mindset of "I'm going to have fun learning a new way to reach my goals." You will find that this class can become one of your favorites.