

MYOFITNESS BOOTCAMP INFORMATION:

This program is great for beginners to advance. People of all fitness levels can train together because of the way I run these camps. I use an interval timer played through awesome 80's rock music that's been scientifically proven to help you lose weight, look better and get stronger quicker, ha-ha. I will time your work and rest periods, if you are advanced you will move faster and use a heavier band or weights, the opposite is true for beginners. If you have any limitations like bad knees, shoulders, back, etc. let me know and I'll modify your exercises. The equipment we use are upper and lower body bands, dumbbells, machines, body weight, tires, sleds, po-go sticks, parachutes, throw medicine balls, the track, the bleachers and use furniture movers. I have modifications for all of these exercise mediums.

You can do my workout all 6 days because of the scientific rationale I use to increase results and reduce the chance of over use injuries. EX: Mondays may be Chest, Hamstrings and cardio. Tuesday may be Back, Quads and cardio. Wednesdays may be shoulders, abs and core, Friday may be Biceps, Triceps and cardio. Saturday may be Core, foam rolling and injury prevention stretching with cardio. It will always be different and never boring!

These workouts will include performance training for golf, tennis and many other sports.

Each month the workout progresses with intensity, different exercises and different diet plans. Everyone burns calories differently, we have to find what your body responds to the best.

TIME AND LOCATIONS:

The workouts are 45 minutes long and held at;

1st location; Alpha Tennis & Fitness ***Alpha address is 1 Alpha Dr. E, Pittsburgh, PA 15238***

2nd location; Fox Chapel high school, If the weather is nice. *No membership is needed for my boot camp and you have access to showers and other amenities only at Alpha.*

The days and times are: Monday through Friday from 6am to 6:45am. Later workout times are Monday, Wednesday and Friday at 6:50 to 7:35.

I do most Saturdays at 9am to 9:45. These are free make up days for vacations or any other reason we can't meet, even if you decide not to join the boot camp class. You can bring friends to this class for FREE.

FEES:

The fee for my boot camp is only \$180 per month for ***unlimited workouts*** (no refunds for days missed, make them up on Saturdays), which is a bargain. To train with me 1 on 1 for 45 minutes just ***twice a week*** will cost you \$520, so you can see the huge savings. You can drop in for a \$15 fee

WANT THE CLASSES CHEAPER? GET HALF OFF YOUR NEXT MONTH IF YOU BRING SOMEONE IN AT FULL CAMP PRICE. IF YOU BRING TWO FRIENDS IN, GET TWO MONTHS HALF OFF. IF YOU BRING IN 3, GET A FREE MONTH.

Check out my Facebook link on one of the workouts I do.

<https://www.facebook.com/myofitness412/videos/1675337999202700/>

Cell: 412-559-1610

Email: myofitnessgym@gmail.com

Web: www.myofitness.com

Call or email me for a link to register for class

MYOFITNESS GOOGLE REVIEWS;

[https://www.google.com/search?](https://www.google.com/search?q=myofitness+reviews&aq=chrome.5.69i57j69i61j69i6012j69i65j69i59.3981j0j7&sourceid=chrome&ie=UTF-8#lrd=0x8834939110639353:0x2542ff0759bbfa62,1,,)

[q=myofitness+reviews&aq=chrome.5.69i57j69i61j69i6012j69i65j69i59.3981j0j7&sourceid=chrome&ie=UTF-8#lrd=0x8834939110639353:0x2542ff0759bbfa62,1,,](https://www.google.com/search?q=myofitness+reviews&aq=chrome.5.69i57j69i61j69i6012j69i65j69i59.3981j0j7&sourceid=chrome&ie=UTF-8#lrd=0x8834939110639353:0x2542ff0759bbfa62,1,,)

**YOU CAN'T GET RESULTS WITHOUT OBJECTIVE MEASUREMENTS;
HERE ARE SOME WE WILL BE MONITORING. IF YOU CAN'T PHYSICALLY
DO SOME THAT IS OK.**

Pick at least 3 of these tests; the most important ones are Body measurements, nutrition, 12 minute run and core. We will re-test every month. Once you sign up for the program, I'll fwd you all the links.

BODY MEASUREMENTS:

Circumference measurements; upper thigh, hips and waste (around the navel)
Body Fat; follow the directions on the calipers.
Body weight; every Friday

NUTRITION TRACKING;

Use the free app called "My Fitness Pal"

On Friday, take a screen shot of your weekly calories and grams of protein and email it to me.

Ladies, I want you to shoot for 1200 calories a day and 80-100 grams of protein each day.

Men, I want you to shoot for 1600 calories a day for weight loss and 150 grams of protein a day.

Men who are looking to gain size and strength, I want you to eat minimum of 2000 calories a day and 150-180 grams of protein a day.

Everyone has to drink .5 oz of water per pound of body weight EVERY day, the app tracks that too.

PUSH-UP TEST FOR STRENGTH:

(If you have no desire to lift weights on your own)

Do as many push-ups as you can, then compare on an age bracket scale I'll provide on the workout program.

CORE TEST:

Very important test, this is where all movement starts. 3-minute test using a timer.

12 MINUTE RUN TEST:

(providing you don't have any limitations against running)

This tests you against your peers (similar age bracket), on your longer runs. You will run on a treadmill for 12 minutes at a 2% elevation and look at your distance in exactly 12 minutes. You will plug this distance into a website that will give you a grade of poor, average, good or excellent.

I would love before and after pictures for my website, you can use a newspaper with the date exposed, you can hide your face from nose up. This is not mandatory, but would help me a lot for people on the web looking to hire a trainer.

STRENGTH GAIN TRACKING:

For those of you who use an iPhone, download the free app called STRONG. If you are using an Android, download the free app called FITNOTES. There are great tutorials on youtube to learn how to use them. You will not achieve your full potential if you don't track EVERY workout.

Send me a screen shot every two weeks of your estimated one rep max screen, the apps keep track of this automatically. Ladies, this won't make you big and muscular, just really toned, defined and give you a more athletic shape.

Credentials:

President: Myofitness Personal Training

-Strength coach for Fox Chapel High

National Academy of Sports Medicine

CPT, Certified Personal Trainer

CES, Corrective Exercise Specialist

GFS, Golf Fitness Specialist

PES, Performance Enhancement Specialist

OPTY, Optimum Performance Training for Youth

BS. Science: Gannon University

-Over 20 years experience

-Physical Therapy Asst.

-Nurse Asst.