

TABATA BOOTCAMP

Created by Mindy Mylrea

What is Tabata Bootcamp™

Tabata Bootcamp™ is a sustainable fitness and eating program that truly changes people's lives. Based on the most current high intensity interval training research and protocol and on cutting edge nutritional information, you will learn how you can lead this amazing total body transformation program that offers real success. Our mantra is "More is not better, Better is better." You will be learning the best exercises and how to make them better.

Through body assessment, metabolic profiling, web interaction, eating strategies, and "workouts that matter" this is finally a program that makes sense and is doable for all.

Tabata Bootcamp™ offers you the opportunity to generate an amazing income stream leading your own 8-week total body turnaround program. And then Tabata Bootcamp™ goes further by including additional support for ongoing 8-week bootcamps. As a Tabata Bootcamp™ trainer you will be given the tools to empower your students and clients to make real change in lifestyle, eating habits, and exercise. Tabata Bootcamp™ will allow you to create a business for yourself and permanent change in your clients.

Tabata Bootcamp™ is unlike any other bootcamp program as it offers you a turnkey web business. Included in your training fee is your web site ready to go. You meet with your bootcampers 2-4 days per week but you are always connected through your web site. Here your bootcampers will complete a 6-minute workout every morning, view eating and fitness tips already programmed in for you. They can log their food, body and fitness assessments and complete homework that you assign to them.

For a club this is an amazing program as it offers a turnkey revolutionary bootcamp program that does not require a licencing fee of any kind. A Tabata Bootcamp™ trainer who has gone through the 9 hour training course can teach Tabata Bootcamp™ without a fee to the club. Advantages to the club are:

- A BRAND NEW, university tested and proven program with no cost to the facility
- New members will be exposed to the facility
- Web exposure as well as your own personal marketing efforts
- Members will be successful and that will lead to member retention

- Program is appropriate for and conducive to a fee-based program such as small group training
- If the cost is included in the membership as opposed to being fee-based, it is a “value added” bonus for the prospective consumer to join that particular gym
- Brand recognition through national advertising

Although in Tabata Bootcamp™ the first 8 weeks will use mostly body weight and figure 8 tubing as resistance, as a Tabata Bootcamp™ trainer you also have the opportunity to purchase all and any Savvier Fitness fitness equipment at a discount - Bender Balls, Gliding Discs, Ropeless JumpRopes, Medicine Balls, and figure 8 tubing. This discount is only offered to Tabata Bootcamp™ trainers!

What is included

Includes 7 workout programming DVDs, 3 eating strategy DVDs, instructor manual, instructional booklet, resistance tubing, your own business web access, and a complete turn key program to grow your own Tabata Bootcamp™ business.

CECs

ACE .9, AFAA 8.0, 4.0 CanFitPro, 8.0 BCRPA

Cost

229.00

Duration of training and what to bring to training

This course lasts between 8-9 hours with a working lunch. Bring a few changes of clothes as we will be working out throughout the day. Bring drinks, snacks, and a lunch. Because of the immense amount of information to cover we will be working through lunch so please bring food to munch on throughout the day.