

# WATERinMOTION 35

## Boot Camp Best Practices

Written and Presented

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## The Boot Camp Boom

- Popularity
- Simple
- Intense
- Example Lori Patterson's



## Boot Camp Characteristics

- Simple movement patterns
- HIIT (30 sec., high-intensity, interval training)
- Stations
- Simple equipment
- Coaching



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## Details: Simple Moves

- Easy to master
- Avoid rhythm variations, low reps, fancy patterns
- Coaching progressions:
  - Increase ROM and force
  - Travel and directional changes
  - Accelerated rebound
  - Level changes
  - Speed



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## Details: HIIT

- 30 seconds
- Build intensity
- WIM music blocks=about 30 seconds
- Chorus is the most intense move
- Double chorus=about 60 seconds
- Coach more intensity for the 60 blocks



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## Details: Stations

- Circuit stations
- Pre-determined timed intervals
- Unison circuit



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## Details: Simple Equipment

- Water
- Noodles
- Pre-set for quick access



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## Details: Coaching

- Strong, but respectful
- Informative, but accepting of variations
- Encouraging, but understanding about personal limitations



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## Details: Coaching

- Project your voice
- Short verbal cues
- Coach purpose
- Physical, visual, non-verbal cues
- Move with your class
- Use the music to time intervals



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## Details: Coaching

- Plenty of time to coach the 3Ms

Move  
Muscle  
Motivation

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## Benefits

- Results
- Successful clients
- Program adherence
- Appropriate intensity



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Thank you!  
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