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Session # 641 - Body Blast Bootcamp

Description: Learn a variety of body, partner and teamwork drills that create community, through teamwork, accountability, and fun! In this session, Marc and Brandon will share their top exercises and drills you can use to develop programs that bring out your clients' athletic beasts—and laughter!

You'll learn a new task better when it's fun and you're in a relaxed and playful mood. Play can also stimulate your imagination, helping you adapt and solve problems. Improve relationships and your connection to others. Sharing laughter and fun can foster empathy, compassion, trust, and intimacy with others.

What does "BOOTCAMP" mean?

Bootcamp has a *marketing* draw but it's not usually associated with fun or pleasure. The word bootcamp is usually militaristic and people think: "I'm going to get my butt kicked". It's about *you* pushing your own limits and the workout is in the fun. Remember when you were a child? You worked, sweat and played as you had a great time. When did you have the best time in a workout? Interacting and playing. You can blast your body while having a laugh and sweat.

Personal benefits of Play:

| Personal Benefits of Play | Notes |
|----------------------------------|---|
| Relieve Stress | Play is fun and can trigger the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain. |

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| Improve Brain Function | Moving your body, learning new skills or pursuing other fun activities that challenge the brain can help prevent memory problems and improve brain function. The social interaction of playing with family and friends can also help ward off stress and depression. |
| Stimulate the Mind and Boost Creativity. | Young children often learn best when they are playing—a principle that applies to adults, as well. You’ll learn a new task better when it’s fun and you’re in a relaxed and playful mood. Play can also stimulate your imagination, helping you adapt and solve problems. |
| Improve Relationships and Your Connection to Others. | Sharing laughter and fun can foster empathy, compassion, trust, and intimacy with others. Play doesn’t have to include a specific activity; it can also be a state of mind. Developing a playful nature can help you loosen up in stressful situations, break the ice with strangers, make new friends, and form new business relationships. |
| Keep You Feeling Young and Energetic. | In the words of George Bernard Shaw, “We don’t stop playing because we grow old; we grow old because we stop playing.” Play can boost your energy and vitality and even improve your resistance to disease, helping you function at your best. |

Social benefits of Play:

| Social Benefits of Play | Notes |
|---|--|
| Play is one of the most effective tools for keeping relationships fresh and exciting. | Playing together brings joy, vitality, and resilience to relationships. Play can also heal resentments, disagreements, and hurts. Through regular play, we learn to trust one another and feel safe. Trust enables us to work together, open ourselves to intimacy, and try new things. By making a conscious effort to incorporate more humor and play into your daily interactions, you can improve the quality of your love relationships—as well as your connections with co-workers, family members, and friends. |

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| <p>Play helps develop and improve social skills.</p> | <p>Social skills are learned as part of the give and take of play. During childhood play, kids learn about verbal communication, body language, boundaries, cooperation, and teamwork. As adults, you continue to refine these skills through play and playful communication.</p> |
| <p>Play teaches cooperation with others.</p> | <p>Team work makes the dream work and your ability to communicate clearly and cooperate to achieve a common goal will foster feelings of accomplishment.</p> |
| <p>Play is a powerful catalyst for positive socialization.</p> | <p>Through play, children learn how to “play nicely” with others —to work together, follow mutually agreed upon rules, and socialize in groups. As adults, you can continue to use play to break down barriers and improve your relationships with others.</p> |
| <p>Play can heal emotional wounds.</p> | <p>As adults, when you play together, you are engaging in exactly the same patterns of behavior that positively shape the brains of children. These same playful behaviors that predict emotional health in children can also lead to positive changes in adults. If an emotionally insecure individual plays with a secure partner, for example, it can help replace negative beliefs and behaviors with positive assumptions and actions.</p> |

3 keys to creating your own successful class

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| <p>What’s Your Why?</p> | |
| <p>Opening</p> | <p>Make Connections with Your Clients</p> |

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| Leave Your Island and Engage | How to manage a group and facilitate connections |
| Closing | The Importance of a Ritual |

Bodyweight

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| Plank | |
| Bearsquat variations | |
| Pushup | |
| Squat | |
| Booty jacks | |
| Seal Jacks | |
| Side step lunge | |
| Crossing lunge | |
| Helicopter | |
| Surfer pop up | |
| Sprinter Lunge to knee drive or hop | |

Partner

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| Knee tag | |
| Simon says | |
| Partner relay | |
| Squat tug of war | |
| Wheelbarrow | |
| Plank tug of war (facing each other or side by side for rotation) | |
| Back to back walk (lateral or forward/back) | |
| I go, you go (for time) | |
| Mirror drill | |
| Sound off | |
| Slow motion | |

Team

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| Caterpillar | |
| Team ladder (for volume) ABC | |
| Team time trial | |
| Team volume trial | |
| Tag in 3 on 3, or 4 on 4 | |
| Faceup group relay | |

