

Why go to Boot Camp and not just work out at a gym?

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Why go to Boot Camp and not just work out at a gym? This is the first question that comes to mind when an uninitiated person sees an ad for Fitness Boot Camp, such as those by Executive Results (or also referred to as Boot Camp Brisbane). The ultimate goal, of both of these methods, are similar, becoming fit or even more fit. There are, however, a few things which make Boot Camp rather attractive.

The first is psychological. Have you ever tried to complete a program, of any reasonable length, and felt that after two weeks of grinding through work out after work out, you either wanted a break or began looking for reasons not to work out? It would be entirely different if you had a buddy, or better still, several buddies to help you get past that mental hurdle. The whole group as a unit carries you with it, much like esprit de corps in the military, where boot camp got its name. At Executive Results, not only do your buddies help you through the workouts mentally but they also suffer with you physically, extra push ups as punishment for being tardy for instance.

The challenge is another factor. This is not simply trying to do better than your buddies at Boot Camp but also seeing these same people who, like you, may be struggling to reach a certain level of fitness, push themselves to reach that shared goal. Unlike Boot Camp Sergeants in the military who scream you into fitness, the Fitness Trainers at Boot Camp Brisbane encourage you through challenges designed not just to work you out but also to give you that great feeling of really having accomplished something which might have seemed impossible if you went at it alone.

Boot Camp is also synonymous with variety and the outdoors when it comes to Fitness training. You don't go by just repetitions and more repetitions, as in most gym training. There might be games like tug-of-war or an old fashioned obstacle course to spice things up. You get to the point where you look forward to what the Boot Camp Brisbane Trainers come up with the following day.

These features, esprit de corps, the challenge and the variety inherent to it, are what have made Boot Camp move from being just another fashionable trend in the fitness industry into the fixture it is today.

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