

**ULTIMATE
CROSSFIT** 
BOOTCAMP

LOG BOOK SUPPLEMENT

Welcome to Ultimate CrossFit Bootcamp. It sounds intimidating, we know. But soon you'll learn that Ultimate CrossFit Bootcamp is much more than an intense exercise program. It is also an experience that will help you become more accountable to yourself and, in turn, allow you to reach goals you never thought you could.

There are several major components to this program that are all intertwined and will mean the difference in the results you see and the newfound energy you feel. **The BASICs are fitness, food and fun.**

UCFBC DAILY PLAN: FITNESS

You are entering a four-week workout regimen that is designed to improve your strength, cardiovascular endurance, flexibility and energy level. You will be doing some kind of workout every day of this program—whether it is with the bootcamp instructors or on your own. It will be challenging and will take you out of your comfort zone. But once you realize you can do these workouts and you see your physical fitness level improve, your confidence will skyrocket as well. The rewards in the end will far outweigh pain and effort along the way.

Each group workout lasts about an hour and is made up of a warm-up session, a high-intensity workout and a stretching session at the end. Every step of the way, there will be motivating instructors and fellow bootcampers—encouraging you to push yourself and keep going.

When a group workout is not scheduled, you have a G3-WORK assignment (homework assignment) to do on your own. These usually include some type of cardiovascular work along with some stretching—a full list of G3-WORK assignments is included in the back of your logbook. It's up to you to complete these assignments. Just remember that you get out what you put into this program.

Also, your body needs daily rest. If you've worked out hard during the day, your body will probably be asking for sleep at night. Between 7 and 8 hours is best. But if you're not tired when it's time for bed or are one of those people who only needs five hours of sleep, at least get in bed early and let your body rest and prepare for the next day's challenge.

UCFBC DAILY PLAN: FOOD

Planning ahead for this portion of the program is essential. When it comes to meals, protein bars can get old pretty fast. So, take a trip to the grocery store ahead of time and stock up on healthy, clean food. You should eat five small meals a day (3 meals + 2 snacks), which means eating every 2 or 3 hours. Plan your day around your meals and your workout so you have something to look forward to and are not forcing yourself to eat. And be sure to drink plenty of water to hydrate your body. We suggest 8 to 10 glasses a day.

HERE ARE THE FOOD BASICS:

- ✦ Eat one serving of protein with each meal. That means that if you eat some whole wheat crackers, you should also eat a hard-boiled egg. Or if you have a fruit such as an apple, you want to eat some cottage or string cheese as well.
- ✦ Add a serving of vegetables to at least three meals. That could include a small salad, carrots, broccoli, some soy beans, etc.
- ✦ Eat every two or three hours. We know this may not make any sense, but it keeps your body burning calories throughout the day and guarantees you will not get hungry.
- ✦ Avoid alcohol. Alcohol decreases your metabolism rate, dehydrates you. Please try to lay off the booze while you are in this program.
- ✦ Hydrate, hydrate, hydrate! We can't say this enough. Your body needs fluids to keep moving and prevent cramping.

UCFBC Meal Plan:

Confused about what to eat and why you're eating it? The key is to combine food groups correctly and keep portion sizes small. Remember, you should be eating 3 meals and 2 snacks a day, and they should be spread out evenly across time. You should have a lean protein with every meal and snack. Think about each plate as a pie that is cut into three pieces (plate should be a salad plate, usually about 9 inches in diameter). One piece should consist of mostly vegetables and some fruits. One section should contain whole grains and/or beans—or better yet, more veggies. The other third should be lean protein such as chicken, fish, turkey, lean cuts of beef and tofu. You'll find more protein options on the following page. Each serving of protein should be no

bigger than a deck of cards. For the other two sections, each should be a little smaller than the size of your rounded fist. Last but not least, be sure to include a dollop or two of healthy fat such as some sliced avocado, olive oil in your salad dressing or a small handful of nuts.

Why do we combine foods?

Carbohydrates and/or vegetables alone are digested quickly and cause you to feel hungry soon after you've eaten. Adding protein and a little monounsaturated fat helps slow that process down and is essential in repairing sore muscles. Protein helps the body feel satiated and speeds recovery after workouts.

To break it down even further, we are going to outline each food group and the foods within each that are okay to eat while in bootcamp. Foods that have an asterisk by them are considered "Super Foods," because they are super nutritious and help prevent disease.

Proteins (1/3 of your plate)

| | | |
|---|--------------------------|----------------|
| Wild salmon* | Ground turkey (lean) | Veggie dog |
| Grouper | Filet mignon | Veggie bacon |
| Halibut | Ham (extra lean) | Soy burgers |
| Mahi Mahi | Ground beef (95% lean+) | Yogurt (Greek) |
| Tuna steak | Pork tenderloin | Cottage cheese |
| Tuna (canned in water) | Turkey bacon | Egg whites |
| Swordfish | Tofu | |
| Egg Beaters | Seabass | Turkey breast* |
| Milk (1% or less) | Shrimp | Lean Ham |
| Buffalo/Tilapia | Chicken breast (no skin) | Protein powder |
| Whole Eggs (check label, must contain at least 100 mg Omega3 in each egg) | | |

Good Fats (1-2 dollops on your plate)

Other than those you will already get in other food choices

| | | |
|-------------------|----------|---------------|
| Avocado/Guacamole | Pecans | Olive oil |
| Almonds | Coconut | Cashews |
| Sunflower seeds | Walnuts* | Peanut Butter |
| Macadamia nuts | | |

Carbohydrates (1/3 of your plate)

Look for foods with two grams or more of fiber

| | | |
|---------------------|----------------------|-------------------|
| Oatmeal* | Quinoa | Grapefruit |
| Brown rice | Whole grain pasta | Grapes |
| Wild rice | Whole wheat tortilla | Whole grain bread |
| Blueberries* | Kiwi | |
| Pumpnickel bread | Apples | Peaches |
| Sourdough bread | Apricots | Plums |
| Whole grain cereals | Blackberries | Pomegranates |
| Kashi cereals | Cantaloupe | Raspberries |
| Soba noodles | Cherries | Strawberries |
| Oranges | Sweet potato | Kidney beans |
| Pinto beans | Chick peas | Lentils |
| Black beans | Honeydew melon | |

Vegetables (1/3 of your plate)

Have at least three servings per day and eat a rainbow of foods, meaning a variety of colors. Veggies can be fresh or frozen.

| | | |
|----------------|--------------------------|-----------------|
| Asparagus | Eggplant | Broccoli* |
| Mushrooms | Okra | Cucumber |
| Squash | Radish | Field greens |
| Tomatoes | Snow peas | Green beans |
| Artichoke | Pumpkin* | Romaine lettuce |
| Arugula | Zucchini | Snap peas |
| Cabbage | Swiss Chard | Spinach* |
| Collard greens | Celery | Bell peppers |
| Onion | Dark green leafy lettuce | Leek |

Cheat Meals

We want you to stick to the meal plan as best you can, using your will power to avoid sweets, fatty foods and alcohol. But we know everyone slips sometimes. That's why we allow you a cheat meal here and there. New bootcampers are allowed one cheat meal per week and veterans can have three cheat meals per week. A cheat meal is ONE SERVING of any of the foods listed below.

Foods to Avoid

In general, steer clear of foods high in saturated fat, trans-fats, sugar and sodium.

| | | |
|-------------------|--------------|-----------------|
| Alcohol | Potato chips | Margarine |
| Cookies | French fries | Whole milk |
| Cakes | White bread | No fried food |
| Pies | White rice | Brownies Butter |
| Bacon | Candy | Mayonnaise |
| Dark meat poultry | Pastries | Vegetable |
| shortening | Hot dogs | Doughnuts |
| Vegetable oil | Ice cream | Sour cream |
| Cream cheese | Raw sugar | |

(we recommend Splenda—or better yet, nothing)
High-fat sauces and dressings

Sample meal plan:

- Meal 1 (7:00a): 1 cup oatmeal, a protein shake
- Meal 2 (9:30a): 1 banana, 1 tsp peanut butter
- Meal 3 (11:30a): 1 whole wheat tortilla with some lean turkey slices, a little lettuce, tomato & onion (mustard if you need a sauce)
- Meal 4 (2:30p): apple and a piece of string cheese
- Meal 5 (5:30p): 1 grilled chicken breast with sweet potato puree, steamed collard greens & small salad with vinaigrette dressing
- Meal 6 (7:30p): sliced strawberries mixed with blueberries, low-fat yogurt & walnuts

Rules of the road:

- ✦ Try to eat within an hour of waking up or working out to get your metabolism going.
- ✦ If you want to eat before bootcamp for fuel, keep it light such as a protein shake or half a protein bar. Avoid heavy foods and fruits high in sugar like bananas which can cause GI distress during physical activity.
- ✦ Check labels for sugar and sodium levels. These are hidden in many foods and can be detrimental to your results.
- ✦ Plan meals in advance so you are not tempted to eat fast food or grab something out of the vending machine. Carry a cooler or load up your refrigerator at work with the following: pre-made meals, protein bars and shakes, fruits and veggies, and water.
- ✦ Drink lots of water! Yes, we're saying it again!
- ✦ If you dine out, ask the server to put half in a to-go box before bringing it out.
- ✦ Ask for what you want and try to stick to the program. For example, if you don't see a grilled or baked chicken breast on the menu, ask for it anyway.

UCFBC DAILY PLAN: FUN!

Enough of all those rules. Let's have some fun! For many of our veteran bootcampers and instructors who can't get bootcamp out of their blood, the program is a lot like recess. Yes, the workouts are tough. But there is something about the camaraderie and sense of togetherness that comes from a difficult group workout, in which everyone is accountable to themselves and to each other. Having friends around to compete against and cheer on when they need a push makes the workout much more fulfilling and fun. We know it may sound a little cheesy. But you'll see what we mean once you get started.

Part of the fun is setting goals and achieving them. Goals give us something to strive for, and they give us a sense of accomplishment when we reach them. We want you to set weekly and long-term goals for the program, and we give you a place to write them in your log

book. Use the weekly goal section for smaller achievements, such as, “I will attend every session this week.” Use the end goal section for bigger accomplishments like, “I want to take 45 seconds off my run time.”

Having the right attitude can make a big difference in achieving those goals. Whether you want to fit into that perfect pair of jeans, reveal that 6-pack or just have more energy during the day, having a positive “can do” attitude is key. It sounds cliché. But it’s much easier to run that extra hill or resist those French fries when you tell yourself you can. And committing to a healthy lifestyle now is the best gift you can give yourself.

We try to vary the workouts to keep things interesting and demanding. Sometimes we even have game days to bring out that kid in all of us. Because more than anything, we want you to have fun with G3. When exercising is an enjoyable activity, you are more likely to keep doing it.

How do I remember all of that?

It’s simple thanks to this handy G3 Log—in which you track your daily workout and the food and drink you consumed that day. The G3 Log gives you a place to log each of your meals, the type of workout you did, and some additional areas for notes on your food choices and how you felt during the day.

There is a “goals” section at the beginning of each week where you should write the small things you’d like to accomplish. At the end of the book is the long-term goals section, where we want to see the lifestyle and fitness changes you want to make. Instructors will be checking these regularly, so put some thought into them.

Before you start writing, look through the book and familiarize yourself with everything in it. If you don’t have time right now, set aside a few minutes when you’re at home to read about the program and what is being asked of you. Really think about why you signed up and what results you want to see—and keep—when it’s over. This book will be your lifeline throughout the program, keeping you focused each day and allowing you to evaluate how far you’ve come. Not to mention the fact that you must bring the book with you to each workout, so the instructors can check your eating habits and give you feedback on your progress. The good news is that the odds are in your favor. Studies show that

when people record their daily food intake, they have a much higher success rate when it comes to losing weight and gaining lean muscle mass. And, by using your G3 Log to track your daily exercise and nutrition, you are holding yourself accountable to your goals and achieving them as you go.

Do it now, before you forget

We've heard from many a bootcamper that it's always easiest to record something right after it happens. That way, it's fresh in your mind and you don't forget to do it. So, whether you work out in the morning or evening, write down what you did and how you're feeling as soon as you get into your car. The same goes for your meals. If you have the book with you at all times—as we suggest—then it's simple. You never have to wrack your brain to remember whether you had cottage cheese and an apple or a handful of nuts for your third meal.

Be honest!

When you conveniently “forget” to mention that margarita or extra helping of bacon, you're really just harming yourself and hindering your progress. Instructors are around to encourage and monitor how you're doing, not to scold you. So, when you write down your little slip-ups—and there will be some—we can help you think of healthier options or talk with you about getting back on track. We can't help you unless you are willing to help yourself.

The skinny:

- Bring your logbook with you every day
- Write down what you consumed immediately afterward and be honest about it
- Create challenging goals for yourself and stick to them

BEGINNER BASICS

Injuries:

You are going to feel sore and you may even find it hard to move some muscles, especially if you have never worked out before. But there is a difference between being sore and being injured. The most common forms of injuries in bootcamp are pulled or inflamed muscles, shin splints and sore knees or ankles. If you've had surgery in one of those areas, you are more likely to experience injury.

The last thing we want is to cause an injury or exacerbate an existing one. If you have an injury, let an instructor know as soon as you can. We will either find an alternate exercise for you. Or, if the injury is severe enough, you will want to take a day or two of rest. Just let us know. The last thing you want to do is push through it and possibly make it worse.

One defense against injury is stretching. If you didn't have a lot of time to stretch at bootcamp, stretch more at home in the shower while your muscles are warm and loose. The best treatment for an injury is an action plan known as RICE or Rest—Ice—Compression—Elevation. Here are the steps:

- Rest the affected area
- Apply ice to the affected area every 15 to 20 minutes every two hours for the first 24 hours. Use a towel to apply the ice or use a bag of frozen vegetables as a substitute.
- Compress the affected area to minimize swelling. Do this by applying an ACE bandage or other loose wrapping around the area. Don't cut off blood flow.
- Elevate the area if possible by lifting it above heart level.

Also, please tell the instructors if you have a medical condition that prohibits you from doing certain exercises or workouts or if you smoke. Bootcamp is not designed to help you quit smoking but it could help you on your way. That's why we would like you to record the number of cigarettes you have if you smoke. A few cigarettes can make a big difference in your performance at bootcamp, so cutting back now could significantly boost your fitness level.

What to wear/bring/leave:

- We will be working out in the rain and on the ground, so you will get wet and muddy.
- Wear a fairly new pair of running or trail running shoes. Injuries result from shoes that don't offer enough support or fit improperly, so buy a good pair of shoes and have them fitted for your feet if necessary.
- If it's cold outside, wear layers. You may shed it before class is over but staying warm is important. You may also want to wear gloves (waterproof gloves are best) and a hat when it gets into winter time.
- Bring a towel—or two—1 to wipe off with if you get muddy and 1 to protect your car seat.
- Bring at least one water bottle. Many bootcampers carry water with them during the workout. But you'll want to have water for afterwards as well.
- Bring your G3-log with you to every class & hand it to an instructor for checking. Push-ups are always possible if you forget!
- Leave any valuables you may normally keep in your car at home. Don't leave anything of value in your car, and that includes in your trunk. Thieves know we put our purses and other valuables in the trunk and they look there too.

The Reality of Exercising Outdoors

Bootcamp ain't for sissies. Facing the elements and getting dirty are part of the fun and challenge of this program. Consider applying bug spray before coming to bootcamp. Also, some people experience the BC Funk—a slight rash caused by exposure to wet grass, fertilizer etc. To avoid or minimize the BC Funk, shower ASAP after your workout. Then apply cortisone cream every few hours to any affected area as directed to help clear it up quickly.

Instructor Expectations:

Attendance is critical to your success in this program. If you don't show up, what are you really getting out of it? However, we understand that you may have to miss a workout from time to time. All we ask is that you e-mail us ahead of time to let us know. Your lead instructor will give you the proper email address before you start class. If you know of your absences in advance, please email your lead instructor the week of your absence. Please don't send us a list of days four weeks out! There will be at least four "make-up days" the week following your last day of bootcamp. So, you can make up those workouts if you wish. Just remember that if you fail to let us know you will be out, you may cause the rest of the class to do push-ups or you may be sent to "The X" (the eXtra).

What is The X? It's where bootcampers go when they fail to do the following: e-mail us that they will not attend a class, eat or drink something that hinders their performance, fail to bring their log book or log all meals and workouts or fail to complete homework assignments. So, if you want to avoid The X, please meet those expectations.

We have a rule that states, "We never walk in bootcamp." So please hustle from place to place whenever we're on the move. Try not to complain. We know that the workouts can be exhausting and we may ask for more than you want to give at that moment. But try to suck it up and remember that you can do it. Complaining brings down you and everyone around you.

Please be on time. We ask that you arrive 15 minutes before the scheduled start time so we can check your log books and go over any administrative changes or updates. It also gives you a little time to prepare mentally for a great workout and meet some of your fellow bootcampers.

We also expect you to push yourself beyond your normal limits.

We are so glad to have you with us at Ultimate CrossFit Bootcamp, where we follow the motto:

HARD WORK PAYS OFF.

Congratulations on taking the first step toward a better body and a better life. Please don't hesitate to let us know if you have any questions or concerns. Now, let's work out!