

# ADVENTURE BOOTCAMP

EXPERIENCING PARKER ADVENTURE BOOTCAMP | BY PAM WAID & LISA ENGLE

## LISA:

When I decided to experience the Parker Adventure Boot Camp I was a little apprehensive at first. I envisioned an army boot camp complete with running drills and marching orders, but that is not at all what you get here. Andy and Kim Alexander, the owners of Parker Adventure Boot Camp, are down-to-earth instructors that provide a motivating and nurturing environment and truly care about helping you meet your fitness goals. You will undoubtedly try something new and different from your normal routine. Since the boot camp does not meet in a traditional gym you will learn to use hand weights, kettle bells and your own body weight instead of weight machines and cardio equipment.

Muscles that you never knew you had will begin to speak to you and after only a few classes you will see a change in the way you feel and an increase



in strength. If possible, I recommend getting a good long massage to help with the muscle soreness you experience that first week. But as they always say, "It's a good sore!"

Before you even start your first class you will receive a fitness consultation that will allow you to track your progress. If you enjoy getting your exercise out of the way in the morning then the 5:30 start time should be no problem. Parker Adventure Boot Camp is for anyone stuck in an exercise rut, or wanting to try something new and as their title states, this camp will be an exercise adventure!

## PAM:

Bootcamp arrived at precisely the right time. I was in an exercise rut! I was working out five days a week and I seemed to be putting on a little weight (or at least was not able to take any off). I have always done a lot of cardio in the form of running, swimming and biking. I always have good intentions with regard to strength training. However, it never seems to happen. So, this seemed like the perfect time to try something a little different and mix it up. Also, since the class was during Thanksgiving and before Christmas I thought it would help me avoid weight gain that always seems to happen that time of year (again, despite my good intentions!).

Well, my body definitely didn't know what hit it that first week! This was proof that I was correct: I was in a rut.

Kimberly, our instructor, always kept it new, fun and interesting. She also was able to hit all of the areas, giving me a great total body workout. I could tell a difference the first week. My muscles were already looking more toned! I was also excited by my increase in strength.

Bootcamp was held at 5:30 in the morning (I know that is early, but this is BOOTCAMP, people). I was initially nervous about the time, sleep deprivation, etc. However, I loved having my workout done early and coming home before the kids were awake. This gave me time to relax over breakfast with a cup of tea and the paper before the crazy day got started. I had to miss one day due to a sick kiddo and I found that I missed it (I'm sure my family missed it too because I was grumpy

without my workout).

The results were amazing! By the end of the bootcamp my muscles were more toned and definitely stronger than they have ever been. Plus, I was so proud to have worked so hard for myself! Kimberly was a terrific instructor and the other ladies in the class were fun and supportive. I typically work out by myself and this was so much fun that I was always looking forward to the next class.

I am certainly planning on another bootcamp adventure soon! ♦