

Summer Blazing Boot Camps begin July 28! Register Now.

Boot camps are designed to meet the needs of **any fitness level, age and gender**. Whether you are an athlete or an individual who never participates in physical activity, a boot camp trainer can modify activities to meet the physical demands of each individual. Results gained by the end of a camp are weight loss, increased muscle strength, better functioning cardiovascular system and enjoyment found in physical activity.



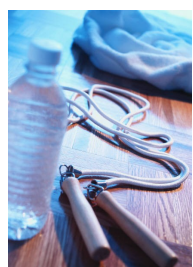
Worried about missing classes due to vacation? Don't worry, your fee can be pro-rated to cover the time that you are away. Don't miss out...register now! Check out the Fired Up Fitness [website](#) for more details.

Find your inner fire! Join a class now.



Fun Fitness Fact

1 minute of jumping rope burns as many calories as 3 minutes of running.



Walk more and run less....will I the see same results?

Yes, if you do interval training and hills on your walk. You will burn up to 26 percent more calories in 30 minutes than if you were just walking at a moderate pace



Ex. power walk 3 minutes then recover at moderate pace for 2 minutes or power walk 1 minute and recover at moderate pace for 2 or 3 minutes. Always start with a 10 minute warm up at an easy pace.

Find Us on Facebook

Fired Up Fitness is now on Facebook! [Join our group](#) and keep up to date on the latest in fitness and nutrition to help you "Find Your Inner Fire". We hope to be your source for fitness information and motivation.

5 Body Weight Workout Rules...how to get the best results using no equipment.

1. To get leaner, be longer—As you increase the distance between the point of force (your target muscles) and the end of the object you're trying to lift (your body), you decrease your mechanical advantage. Translation: The longer your body, the weaker you become and the more your muscles have to work. This is the major difference between "girly" pushups and regular ones. When you get off your knees and rest on your toes, your core muscles have to work a whole lot harder to support more of your body weight.



2. Take the spring out of your step- When you lower your body during any exercise, your muscles build up what's known as elastic energy. It works like a coiled spring: The elasticity allows you to bounce back to the starting position and reduces the amount of work your muscles have to do. **Apply it** Take a four-second pause at the bottom position of any exercise. That's how long it takes to discharge all the elastic energy of a muscle. Without the bounce, you'll force your body to recruit more muscle fibers to get you moving again.

3. Go the distance— Physics defines work as force (here, that's how much you weigh) times distance. Since in a weight-free workout you can't increase force beyond your own body weight, the only way to work more is to move farther during each rep. **Apply it** For body-weight exercises such as lunges, pushups, and sit-ups, your range of motion ends at the floor. The solution: Move the floor farther away. Try placing your front or back foot on a step when doing lunges, or position your hands or feet on a step when doing pushups.

4. Add a twist— Human movement happens on three geometric planes: the sagittal plane (front-back and up-down), the frontal plane (side-to-side), and the transverse plane (rotation). Many common bodyweight exercises--like squats and side lunges--are performed on the first two planes. But we rarely train our bodies on the transverse plane, despite using it in all the time in our everyday lives: walking, for example. **Apply it** Simply rotate your torso to the right or left in exercises such as the lunge, sit-up, and pushup and you'll fully engage your core in addition to the muscles those moves are intended to target.



5. Get off the Floor—The less of an object's surface area (in this case, your body) that touches a solid base (the floor), the less stable that object is. Fortunately, we have a built-in stabilization system: our muscles. So knocking yourself a little off kilter makes you exercise harder and enlists more muscles. **Apply it** Hold one foot in the air during pushups, squats, and planks.

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Want to learn more about ways to **Find Your Inner Fire?** [Contact Us](#)

Questions or comments? Email us at info@firedupfitness.ca or call 403-463-3887