

THE BOOTCAMP EFFECT STANDARD

In every exercise, you need to start in that active plank and go through this mental checklist.

- **Squeeze your glutes as hard as you can**
- **Drive in your abs tight**
- **Squeeze your armpits**

This is the safest and strongest position for you to build a magnificent foundation. If you chase perfection with this in every exercise you will get that metabolic burn.

If you don't have this foundation down, it benefits you to talk to a BE coach and work on it until you have it down. If you can't hold an exercise anymore because you lose your active plank, it would benefit you to rest rather than keep going.

**Conditions change, but standards remain the same. You can move faster only if you can maintain the standard.
Every exercise. No excuses. Just results.**

High intensity is not the same as high fatigue.

More is not better. More better is better.

Earn the right to progress.

There is no rush to the top with health and fitness. It is a lifestyle of constant, never ending improvement.