**Email 1 – Send at midnight or early morning Nov 6th**

**Subject – 3 NEW ways to Smash Bootcamp Boredom**

It happens to bootcamp trainers all over the world. Your   
campers get bored of the same old routines and end up  
leaving.

And you certainly don’t have the time to come up with  
new workouts and games. You need to grow your business.

The truth is that a new camper will decide to either join  
or leave your bootcamp after just one workout. If they  
do decide to stay, you have less than a month to impress  
them.

If they are not getting REAL results, they won’t be back.  
Fortunately, there’s now a solution that will end workout  
boredom forever.

**Your solution is right here** <= **End Workout Boredom FOREVER**

For the first time EVER, Bootcamp Challenges superstar Shawna

Kaminski, Bootcamp Games Expert Brian Kalakay and Metabolic

Finsher Wizard Mike Whitfield put together a solution to help you  
not only smash workout boredom, but ultimately become a Superhero  
to your campers.

You won’t find a combination like this ANYWHERE else.

You’ll get dozens of referrals on auto-pilot with this ultimate  
done-for-you system that you plug and play with your bootcamps.

Here’s what they have for you all in one place for the first time ever:

31 TT Bootcamp Games

31 Bootcamp Metabolic Finishers

18 Bootcamp Challenge Workouts

6 Extreme Bootcamp Challenge Workouts

**Beat workout boredom FOREVER with this ultimate bootcamp system**

You’ll beat workout boredom with your campers with these  
unique challenges, finishers and games and word-of-mouth will   
spread and you’ll get NEW campers.  
  
In fact, Brian tripled his membership in just 4 weeks with  
just his unique and crazy (yet addicting) games ALONE.

PLUS, your clients will get faster and better results because  
they will show up at every one of your workouts. It’s a win/win.

Everything is done-for-you. Simply PLUG and PLAY… and  
watch your business explode while helping MORE people.

Here’s how to easily double your members in just 4 weeks:

**Go to this ultimate bootcamp workout site**

Then, you’ll get an amazing 86 ways to boost your bootcamp  
business and have more fun in your workouts.

Then select a challenge, finisher or game (or you can choose  
all 3) and hit print. Then you’ll easily double, if not triple   
your productivity so you can spend more time with your family  
and friends.

**ALL OF THESE PROGRAMS are done-for-you.**

Here is the solution you’ve been waiting for to explode   
your bootcamp business and add dozens of creative and   
fun workouts.

**The Ultimate Bootcamp System** **<= Half off**  
  
But when you grab it **TODAY ONLY**, you’ll also get  
“Metabolic Switch”, the new Bootcamp Workouts that  
use metabolic resistance training and intervals for an   
addicting workout that gets your campers faster results.

This unique Bootcamp Workout manual isn’t available  
anywhere else. And today, you get it FREE, but only   
during this special launch event **TODAY** as a fast action  
bonus.

**The Ultimate Bootcamp System PLUS Fast Action Bonus** <= **Half Off  
  
But after today, the Bootcamp Metabolic Switch bonus expires**

Shawna, Brian and Mike have teamed up so that your  
bootcamp workouts never get stale ever again.

Enjoy these addictive games, challenges and finishers,

YOUR NAME

**Email 2 (send on Wed 11/7)**

**Subject – 12-Minute Challenge for Your Bootcamp**

It’s not very often that you get a new idea for your bootcamp  
business that is **PROVEN** to work to explode your business.  
  
In case you haven’t met my friend Shawna Kaminski, she is   
crushing it in Canada with her bootcamp. In fact, she just closed  
a 50K promo because her campers love her so much. Her campers  
rave about her.  
  
Her secret is using these unique challenges and she was willing  
to share one with you today.

**You can discover all of her secrets here**

As many reps as possible per set: Count the total rounds completed  
in 12 minutes. Partial rounds will not be counted, only complete  
rounds count for the final score.

Equipment: Timer, DB’s Jump Rope

Exercises:

10 burpees

10 renegade row pushups

10 mountain climbers (per leg)

10 DB walking lunges (per leg)

10 DB squats

50 jump rope skips

Rules of the test:

Campers record only complete rounds.

Training variation:

Do timed sets of the above exercises, 30/5 for five rounds

Now imagine hitting print and having 23 MORE done-for-  
you challenges you can use with your bootcamps to get more  
clients and never having the same old boring workouts.  
  
Actually, imagine combining that challenge with one of Brian  
Kalakay’s done-for-you bootcamp games to have a workout  
your campers will never forget.

Of course, you can’t forget to use one of Mike Whitfield’s   
crazy bootcamp finishers, too.   
  
**You can get all of these done-for-you systems for HALF OFF here**  
  
Have fun choosing a new twist to your workouts and   
hitting print. You’ll have 86 ideas to put in your bootcamp  
workouts to never get bored again.  
  
Now this is easily the best bootcamp system offer of 2012.   
If you were to get all of these products on their own, it would  
be worth every cent. But fortunately, for you, they have teamed   
up and are offering their best solutions for your business all in  
one place.

You could implement just one of these done-for-you systems  
and easily double your membership in just weeks.  
  
**The Ultimate Bootcamp System** <= **HALF OFF!**

Enjoy exploding your bootcamp with this system,

YOUR NAME

**Email 3 (send on Thu 11/8)**

**Subject – Unique Bootcamp Game (inside)**

If you’re not using games in your bootcamps, then you’re  
missing out on easily doubling, if not tripling your memberships  
with games.  
  
But they are HARD to come up with. Fortunately, there are   
people like Brian Kalakay that is a genius when it comes to   
creating fun and addictive games that your campers love.  
  
In fact, Brian HAD to create games because he was on the verge  
of being flat broke. He only had 3 clients in his workouts. And   
now??...

**You can see what his membership looks like now here**

It’s no surprise after he told me how he uses these fun and  
challenging games with his campers, like this one…  
  
Calf Tag

Format: Teams of two people

Supplies Needed: None

How to Begin: Partner each person up with someone else and have

them stand facing each other.

Objective: The person who tags their partner's calves the most wins.

Rules: Using only their hands, they are going to try and tag their

partner's calves, without getting their calves tagged in the process.

Every time they tag their partner's calves they get one point. Have

each person keep track of their points.

They only get points when the CALF is tagged not the shins or other

parts of the leg.

Do this for about 30-60 seconds and then crown the winner.

Switch partners and repeat as needed.

Try to keep everyone in a designated area to avoid collisions.

This game could be played with a huge group or small one.

Now Brian’s games will easily double your membership in just  
4 weeks. But Brian Kalakay has also teamed up with Shawna   
Kaminski and Mike Whitfield to bring you a complete system to  
beat bootcamp boredom forever.  
  
You’ll get 30 MORE Bootcamp Games, PLUS…

18 Bootcamp Challenge Workouts

6 Extreme Bootcamp Challenge Workouts

31 Bootcamp Metabolic Finishers

You can get the ENTIRE done-for-you system for half  
off, which is the best deal of 2012 by far. This will be your  
business explosion blueprint for 2013 for sure.   
  
**Beat Bootcamp Boredom Forever** <= **Half Off**

And the best part?... you just hit print and then you’ll triple  
not only your productivity, but your memberships, too.

But get this… during this special launch event, you’re also  
getting **ANOTHER** bonus found nowhere else:

**Bonus - 12 Ladder Bootcamp Workouts –** If you have  
never used ladders in your bootcamps, you’re missing out on  
using this crazy method and having your campers rave about you.   
Every workout inside this unique Bootcamp Workouts manual uses   
the ladder method.

**86 Done-for-You Bootcamp Ideas PLUS FREE Bonus** <= **Half Off**

Enjoy your blueprint to explode your business and never  
getting bored with your workouts ever again,

YOUR NAME

**Email 4 (Send on Friday, 11/9)**

**Subject – Print These Out (for easy reference)**

There’s a guy named Mike Whitfield, who held his bootcamps at  
the high school up the street from his gym. The crazy thing about   
him was that he was almost 300 pounds!

**You can see his before/after photos here**

He is known in the fitness industry for his crazy, yet effective  
metabolic finishers. In fact, this was his number one method of  
getting ongoing referrals.  
  
He didn’t have a sign for his bootcamp nor did he do any facebook  
advertising and even direct mail.

It’s these unique finishers he used with his camps to go from  
5 campers to over 20 in his 6 am bootcamp… and this was during  
the summer!

One of his favorite workout grand finales was presented at the TT  
Summit this year with over 60 trainers and they loved it. Here is the  
finisher you can use with your bootcamps:

The 3’s Company Finisher

Do the following circuit as many times as possible in 3 minutes,   
resting only when needed. Your campers will take different rest   
periods, and this generates “healthy pressure”, which gives them   
better and faster results.

Burpee/Spiderman Pushup Combo (3)

Lunge Jumps (3/side)

X-Body Mountain Climbers (3/side)

As you can see, finishers beat the pants off of long, boring cardio  
and your campers will get better results. You can plug these at the  
end of Shawna’s bootcamp challenge workouts and even combine   
them with Brian’s Bootcamp Games.

**You can ALL of those right here**

Now if you were to get Brian’s Bootcamp Games, Shawna’s Bootcamp  
Challenges and Mike’s Bootcamp Finishers, you would end up investing  
well over $200, and it would be worth every penny because using these  
done-for-you systems would double and even triple your membership in  
just a few weeks.  
  
But with this unique offer, you can get over 86 done-for-you  
challenge workouts, games and finishers for a ridiculous low  
price.

But they didn’t stop there. They also are throwing in two **MORE**  
bonuses, including Metabolic Switch (amazing workouts that use   
interval training and metabolic resistance training)

AND 12 done-for-you Ladder Bootcamp Workouts…

You won’t believe these fun bootcamp workouts. These fun  
and effective bootcamp workouts use the ladder system. So, you’ll  
start with 8 reps for example, and work your way down in a circuit  
until you complete 1 rep.

Some workouts require you even go back up (they are all whacky, fun  
and effective).

But these bonuses, where you can’t get anywhere else, expire and   
price doubles at midnight tonight.

**Half off the entire Ultimate Bootcamp System PLUS 2 Bonuses <= Expires TODAY**

This is a no-brainer if you’re serious about adding  
creativity to your bootcamp workouts and getting your clients  
the best results.

**The best bootcamp offer of the year** <= **Bonuses Expire and Price DOUBLES Today**

To ending bootcamp boredome forever,

YOUR NAME

**Last Chance Email (send between 3-5 pm)**

**Subject 2 FREE Bootcamp Workout Gifts**

Every once in a while, an amazing opportunity helps you  
end workout boredom once and for all.

That’s what Shawna Kaminiski, Brian Kalakay and Mike  
Whitfield have done.

They brought together over 80 done-for-you bootcamp  
challenges, games and finishers into one done-for-you  
resource.

=> **Last Chance on Half off the Ultimate Bootcamp System PLUS 2 Bonuses**

Here’s what you get: **With Shawna’s Bootcamp Challenge Workouts:**

A variety of 24 tests and challenges using timed sets, AMRAP and  
Rep Count Up techniques and more  
  
**With Brian’s Bootcamp Games:**

31 done-for-you unique and fun games you can plug in with   
any workout to bring an abundance of fun to your bootcamps

**With Mike’s Bootcamp Finishers**

31 done-for-you finishers specifically designed to be used with  
your bootcamps for an amazing way to end any bootcamp workout  
  
PLUS, you’ll get these two bonuses:

**Bonus 1** – Metabolic Switch – the crazy, yet effective and fun Bootcamp  
Workouts manual that uses intervals and metabolic resistance training

**Bonus 2** – 12 Ladder Bootcamp Workouts – Use fun and challenging  
ladder-style workouts using the addictive and effective ladder method

**Expiring => HALF OFF Ultimate Bootcamp System + 2 Bonuses**

YOUR NAME