

BOOTCAMP FITNESS USA

A supportive neighborhood community

BY HECTOR BELARDO

THE START OF BOOTCAMP FITNESS USA

When COVID-19 shut down the world in 2020, gyms closed, and fitness routines vanished faster than a box of donuts at the nurses' station.

I missed my workouts so much that I was literally jumping on benches and doing calf raises on rocks. I'm not the kind of guy to get too cozy with my couch, but an epiphany sparked a complete change when a neighborhood friend encouraged me to start an outdoor fitness bootcamp. Her nudge had a greater impact than I ever expected, and for that, I am truly grateful.

WHAT SETS BOOTCAMP FITNESS USA APART

Don't be intimidated!

Bootcamp Fitness USA welcomes all ages and, most importantly, all fitness levels. We have amazing participants ranging from ages 7 to the late 70s. Whether you're a beginner or an elite athlete, all are welcome. We ease beginners in and gradually increase intensity, while pushing advanced athletes to their limits.

Bootcamp is completely free, with no registration or membership fees. If you want to join, you're in. I provide the equipment and create personalized training for your fitness level. All you have to do is show up.

Our sessions begin with warm-ups to fun, energizing music, followed by rotating workout stations, modified to your stage of conditioning.



everyone challenged. There's something special about that shared feeling of "we did it!" that makes everyone feel like they belong, whether it's your first class or your fiftieth. I'm here to keep the group safe so that the only thing we feel at the end is a sense of accomplishment—well, maybe a little sore muscles too!"

WHY I'M PASSIONATE ABOUT FITNESS

As the clinical coordinator on a cardiac unit, I've seen firsthand the devastating effects of neglected health, especially from conditions like metabolic syndrome. These conditions dramatically elevate the risks for heart disease, stroke, and diabetes. That's why I'm passionate about helping people improve



TYPES OF EXERCISES

- HIIT:** Alternates intense exercise with rest for a powerful workout.
- Functional Training:** Mimics daily movements to build strength and coordination.
- Bodyweight Training:** Core-focused exercises like push-ups and squats.
- Circuit Training:** Sequential exercises targeting multiple muscles, keeping the heart rate up.
- Strength Training:** Weights and resistance bands to build muscle.
- Plyometrics:** Explosive moves like box jumps to enhance power.
- Core Conditioning:** Planks and twists to strengthen the core.
- Cardio Kickboxing:** High-energy punches and kicks for cardio.
- TRX Training:** Suspension straps for strength and stability.
- Agility Drills:** Ladders and cones to improve speed and coordination.
- Stretching:** My greatest challenge.

Bootcamp isn't just a total body workout; it's a supportive community where you are encouraged and inspired to grow stronger together.

GROWING STRONGER TOGETHER

It's clear to me that group fitness does wonders for motivation, accountability, and mental health—and it's where friendships are made, making the whole fitness journey way more fun. In every class, we mix things up with routines that keep



their health, boost their biomarkers, and spread the word in a way that's not only informative but actually fun! Taking care of our health should be as engaging as it is important. No one wants to be stuck in the "heart attack waiting to happen" club!

EXPANDING OUR REACH THROUGH VIDEO

In recent years, we've embraced social media, particularly Instagram, to successfully share our high-energy workouts and health tips with a wider audience. Through dynamic fitness videos and engaging health content, we aim to inspire and motivate followers with fun, comprehensive lessons every step of the way.



We would love for you to be a part of it—come join us!

Follow along on Instagram at [bootcampfitnessusa](https://www.instagram.com/bootcampfitnessusa)



Above all, my faith in Christ drives my passion for fitness and my commitment to helping others, "STAY STRONG & LIVE LONG!"