

**Julia's Body Shop  
Boot Camp Check List**

1. \_\_\_\_\_ **A Heart Rate Monitor – Polar Basic Model includes a **watch and a chest strap**. Watch without the strap does not work for our purposes. Wal-Mart, Target, Academy Sports or any sporting goods store should carry them. Average price \$50.00. The Heart rate monitor is mandatory for every class.**
  
2. \_\_\_\_\_ **Resting Heart Rate – very important to have 3 resting heart rate numbers to me no later than the Saturday before boot camp begins.**
  
3. \_\_\_\_\_ **Good Shoes – Nike makes a great trainer called the Nike Free Trainer. Great for boot camp workouts.**
  
4. \_\_\_\_\_ **Yoga mat – for inside and outside class.**
  
5. \_\_\_\_\_ **Hand weights (1-5 lbs.) – This is for outside boot camps only. Inside boot camps, I will provide hand weights.**
  
6. \_\_\_\_\_ **Water – your goal is to drink one gallon a day. Please bring water with you to class.**
  
7. \_\_\_\_\_ **Outside boot campers – please dress for the weather. You can always take something off.**
  
8. \_\_\_\_\_ **A positive attitude will take you and the rest of class a long way. Please don't leave that at home.**