

IMAGINARY ATTACKER

good job
way to work
are ya - you okay back there
are you guys okay here
alright keep on moving
keep moving
now
we go to the right combat kick
here we go hands are up
step to the side
ready
let's move go

HOOAH!
step and focus
one
focus
step
down
turn your butt pow!
back down, remember
imaginary attacker is coming at you right now
imaginary attacker, watch shelly
imaginary attacker, watch what shelly does
imaginary attacker is coming at you
you gotta visualize this
imaginary attacker
here we go
POOH!
see that?
imaginary attacker is coming at you all the time
keep your guard up
keep your eyes on the attacker
focus
this is why we call it combat
bootcamp let's go
come on
good job bring it down

alright ya, keep movin'
zap zap
now we'na change it to the left
change it to the right like we've started off
and keepin' that front kick are you all ready
steppin' to the left, we go
step two
that's right step over
come on
keep your eyes in the center
keep your eyes in the center
good focus watch me
you gonna do the homework
yes here we go
step
come on
eyes focus on me
good technique
alright, bring it down

alright
let's pick it up a little bit guys pick it up
here we go
HOUYHOUY GO
BOO!
BOO!
BOO!
HOUYAH!
AYLADA!
come on let's go
yeah
last set go
count it
good attitude
come on let's go
walk it off good job
yeah
alright

FIT FOR FIGHT

Hands up, now, we pull
pull it up
pull your elbows in
elbows go to the chin
elbows up
pull it up
keep the tension
chest forward
push your butt back
that's it
pull it straight in
pick up your shoulders
stand proud
pick those shoulders up
stand proud
don't slump over
pull your shoulders up
come on ya
let's go

pull it up
can't hear you
you fallin' asleep on me?
come on
look, she think's she's fallin' asleep on me over here are ya?
then let me hear you count
i can't hear you
i still can't hear you
come on
you want me to show you a good [?]
alray
let's go
alright, walk it off good job
way to work

okay, now we're gonna switch the hands again
let's go on to the, inside shoulder lift
inside shoulder lift lift the hands up
press it, out
good come on, t's good for ya triceps, pump it
keep the tension y'all
[?]
can you feel it
feel it right in those deltoids
i'ma turn around
triceps, deltoids
YEAH! CAN'T HEAR YOU COUNT!

girl i ain't see you sweat, what's goin' on over here
are you sweatin'?
then let me see you DO something!
what about you, are you sweatin' right now
or did you just turn the machine off
come on let's get on it, let's go
let's move it! come on
one more
let's go
yeah, yeah
alright walk it off
remember: fit for fight
we gotta be fit, for fight, to have a life
fit, for fight, to have a good life
yes
are you all ready?

WHERE I AM TODAY

bring it up
[?] power stuff
power drill
hell i lost about five pounds
arms're up
here we go
ready
hands are up
nice squat
squat, hold that position
here's a discipline exercise
hmma watch the knees are on top yo toes
hands are up
good power exercise also a good stretch
good for your ham strings when you end the work out
the way to end it
puttin pressure on the quads
when you puttin' pressure on the quads it helps release the ham strings
makin' ham strings flexible
keep you shoulders up
drop down a little bit lower
hold that position
and stake my focus
hold it right there
come on

you guys did awesome job
really awesome job
I know sometimes you want to give up, but you didn't
listen, first fifteen minutes twenty minutes of a workout
anybody can do, why
because you're physically fresh
that's called a physical thing
know what happens
your mind your will starts to step in
pulls you off you off
and most people give up and quit
let me tell you something
what you gotta do is you gotta exercise your will and exercise your mind
if you do that
your body gotta change
everybody say this:
where I am today
is where my mind put me
where I'll be tomorrow
is where my mind put me
so look at yourself
your mind put you where you are today
you can change it anytime you want to
stay focused
don't give up
keep moving
hold that position
stay solid

good job
bring it up
push those arms out
hands go up over the head
push it straight out
left hand
left hand goes down
push it straight out
push it down the other side
both hands one more time
push it out to the side
fingers go down
fingers go up, bring it around
pull it in
bring it all the way back
now reverse and go the other way

pull your left leg up, grab the wrist of the right hand
pull it over to the side
pull it over to the other side
pull your hands in
push out
pull your legs together
take a bow
come on troops

tell you guys
in the midst of battle
you guys went through a battle and it was hard
you pushin' yourself and remember:
in the midst of the battle don't give up
everybody say this one more time:

where I am today
is where my mind put me
where I'll be tomorrow
is where my mind put me
don't give up
you got a will you got a mind
be strong
stay tough
the Ultimate Bootcamp will help you get there
we love you guys
keep up the good work
let's throw up that victory sign
everybody jump go
YEAH!