

BOOTCAMP **★★★TULSA★★★**

Focus On Results.
Think Outside the Gym.

www.bootcamptulsa.com

BOOTCAMP TULSA

CHANGING LIVES ONE WOMAN AT A TIME

“I had my first child in August and gained a lot of weight during the pregnancy - 40lbs. Once I went back to work and was in the routine I was ready to get back into shape. I went to BCT in December with about 10 lbs to lose and very little muscle and strength. The first month was excruciating! I could barely do any core work and there were some exercises that I physically could not do. Now, I have been doing bootcamp almost 7 months and I am smaller now that I was before I got pregnant and have lost 11 lbs. There are no longer any workouts I cannot do. I can even finally do a straight leg sit-up! I love BCT and couldn't imagine not doing it!”

–Transformed Bootcamp Tulsa Client, Somebody's Wife & Somebody's Mother

*“I had reached a weight I just couldn't live with anymore and I decided I needed to make some changes. I got started for the physical benefits, but quickly realized the mental health benefits far outweighed the physical benefits For me! I soon realized I was feeling much better mentally and also physically. I had more energy and a better outlook on life. Yes, I lost the weight and look great but more importantly **I was able to quit taking my prescription anti-depressant and have been able to remain medication free.** I feel so much better about myself and feel empowered with the physical strength and the self esteem I gained at BCT.”*

–Transformed Bootcamp Tulsa Client, Somebody's Daughter & Somebody's Friend

WELCOME TO BCT

Congratulations and welcome to Bootcamp Tulsa. By attending today's bootcamp you have taken the first step towards achieving your fitness goals and your freedom from the obesity epidemic that is sweeping our nation. Despite having access to fancy gyms and a variety of home-based fitness equipment, according to *USA Today*, **34% OF AMERICANS ARE OBESE!** How is this possible? Why aren't we all achieving the results we want simply by working out at the gyms? Why has our running, jogging, weight-lifting, zumba-ing (that is a new verb), and cycling not worked thus far? Is there something wrong with us, or is there something wrong with the strategy we are using?

THINKING OUTSIDE OF THE GYM

"The power of the mind is the key to your success and you can have that success today!" –Coach JC

As a professionally trained strength and conditioning coach I can confidently say, **IT'S NOT YOUR FAULT!** We live in an age of information overload and everywhere you turn they want to tell you how to lose weight.

The weight loss industry is a \$50 billion industry and you my friend have become the prey. You have been lied to on what it REALLY takes to lose weight and get fit.

The infomercial gadgets, the diet pills, and all the fancy equipment...it's all wrong! The diet tips and books most of us have been given are wrong as well.

Stop the insanity and ask yourself, “What kind of fitness results have I been experiencing in my life up to now?” If you are not satisfied with those results, now is the time to make a switch. Now is the time to begin **THINKING OUTSIDE OF THE GYM.**

At Bootcamp Tulsa we guarantee that you will experience the results you want to see if you will simply commit to following our **WINNING GAMEPLAN.**

Are you ready to begin fitting into those sexy dresses again? Are you ready to be bubbling over with confidence again once you have reached your fitness and weight loss goals? Are you ready to begin feeling more and more confident about yourself as you begin gaining the life momentum that is created whenever you transform your body?

Well, then **NOW IS YOUR TIME!**

- *We asked our Facebook family & friends to answer: “In one word, how does Bootcamp Tulsa make you feel?”*

Their responses...

<i>Durable</i>	<i>Better</i>	<i>Hope</i>
<i>Accomplished</i>		<i>Awesome</i>
<i>Energetic</i>	<i>Healthier</i>	<i>Proud</i>
<i>Powerful</i>	<i>Confident</i>	
<i>Sexy</i>	<i>Amazing</i>	<i>Positive</i>
<i>Beautiful</i>	<i>Energized</i>	<i>Happy</i>
<i>Stronger</i>	<i>Loved</i>	<i>Valued</i>

Success

Transformed

Family

Results

Team

BOOTCAMP TULSA MISSION STATEMENT

*WE ARE DEDICATED TO PASSIONATELY INSPIRE, EMPOWER,
MOTIVATE AND COACH PEOPLE TO ACHIEVE THEIR
GREATEST POTENTIAL SO THAT THEY CAN WIN IN LIFE.*

BOOTCAMP TULSA CORE VALUES

FAITH

*We believe that we can do ALL things through Christ who is our
strength and that with God anybody can WIN.*

LOVE

*We are committed to never giving up on anyone and sacrificing our
own good to help someone else win.*

TRUTH

*We speak, write, coach and act with honesty, integrity and respect at
all times.*

EXCELLENCE

*We choose to bring our best and be our best every single day and to
never settle for average in our thinking, attitude or actions.*

COMPASSION

We seek out opportunity to help other's win and choose to treat every person with the highest level of respect and value.

TEAM

We believe that iron sharpens iron and choose to unselfishly act on what's best for the team to further the mission and help people WIN.

CHARACTER

We choose to do what is right at all times no matter the circumstance.

STRENGTH

We choose to continually grow physically, spiritually, mentally, emotionally, professionally and relationally so that we can be the best we can be.

CONSISTENT

We unwaveringly execute the DSD SYSTEMS and intensely work hard at what we do knowing that our job has a direct effect on helping other's WIN.

COMMITTED

We believe in being "all in" to the vision, "sold out" to the team and committed to "owning the moment" at all times.

START WRITING YOUR SUCCESS STORY

“Do you want to live with the pain of discipline or the pain of regret? The pain of discipline last a short amount of time while the pain of regret lasts a lifetime!” – Coach JC



*→ Awesome
Teamwork!*

While utilizing Coach JC's Bootcamp Tulsa program for over three months, I lost 15 pounds and 7.9% body fat and dropped my Cholesterol 33 Points!

“Before joining this program, I was a “fluffy mother” who had just about decided to welcome my new body type and learn to love it. I had never had a weight problem and have been a busy wife, mother, business owner and volunteer to name a few things. I was constantly at meetings, on and off airplanes, sitting and my computer, driving here and there - always on the move. Then over the last year, I gained 20 pounds. For the first time, it was uncomfortable for me to tie my shoe and it seemed like my clothes needed an update. I found myself complaining about not enough close parking, sitting whenever I could and looking for looser fitting styles of clothing. After I had my annual physical and found out that there was nothing wrong with me, I was ready to accept life’s wrinkles and bumps to join the new elderly.

Since completing the program, I have continued a modified, healthier lifestyle. I have lost an additional six pounds and my cholesterol has dropped another thirty points over the year following the program. I look for opportunities instead of excuses to exercise. Now my whole family is living a healthier life. My younger son will be ready to play college football and my older son will be physically fit and ready as he works to get on with the fire department. My husband’s increased energy, strength and lower blood pressure have been a tremendous quality-of-life gift. We have all worked so hard at this point, and none of us would ever want to go back to how we felt before Coach JC and Bootcamp Tulsa!”

– Donna, 48 Year Old Woman Like You

Over the years we have seen it happen, thousands of times...

A woman enrolls in the program. Initially she feels a little overwhelmed. She goes home feeling sore and tired. Thoughts of hope and inspiration mix with thoughts of doubt and the fear of failure.

However, she decides to fight through. By the end of the month she has begun to see some shocking results. Weight loss has begun to occur and her overall fitness level begins to increase. After thirty days in the program she has now begun to form healthy eating and workout habits and the weight is falling off. As her level of fitness increases, her resting metabolism begins to increase. She begins feeling even more confident and the weight loss occurs more rapidly. Within three months her confidence is incredible and her energy level is higher than it's been in years. With this increased energy level she begins to get more out of her workouts and now life momentum has officially been created!

My friend, this story doesn't have to be about "some other people," this story can be about **YOU**.

In fact, THIS STORY IS GOING TO BE ABOUT YOU. You are going to succeed. Now is your time to begin living your best life. Today is the day that you stop putting off our goals until "someday." In my weekly calendar and your weekly calendar "Someday" will never come. You know it and I know it. Sure your life is busy, but here and now you have decided to make big life changes.

*You have decided that you want to get your **BODY** back.
You have decided that you want to get your **HEALTH** back.
You have decided that you want to get your **LIFE** back
You have decided that **YOUR TIME IS NOW!***

YOU'RE NOT ALONE!

Why try to do it on your own? Life is about relationships and it's about you winning at this weight loss and fitness game. Now is your time to be on a winning team. At BcT we are not just some workout program, we are not like your typical gym or fitness center where you swipe a card and come and go.

BcT is about YOU! BcT is a **FAMILY!**

BcT is a community of like minded ladies with the same goals in mind that want to lose weight, get fit, live a healthier life and win in life.

BcT is about accountability and you reaching your goals so that you can help others reach theirs.

Are you ready to be on a winning team?

Are you ready to be a part of a family?



Welcome to The Family!

Some of the BcT Family having a little fun at “Bring a Family and Friend Day”



Some of the BcT Family having fun at our Client Appreciation Christmas Party



Our BcT Family Summertime Pool Party

WHO DESIGNED THE BCT PROGRAM?

“You must change your thinking before you can ever change your body.” – Coach JC

Sure we have testimonies and countless video examples on our website of people just like you that have experienced countless results. Why is this and how is this? BcT is not a franchise but was started right here in Tulsa for you.

Who designed this BCT PROGRAM? How do you know if it's safe? And what about your bad knee or your bad back? How do really know if this program is for you and that this program was really designed by an expert?



Hi, my name is **Jonathan Conneely “Coach JC”** and I am the creator of the BCT Fitness and Nutritional Programs, and the Founder of Bootcamp Tulsa.

I have been assisting individuals just like you from all walks of life to "Take it to the Next Level." I love to motivate people to take control of their lives by taking control of their health.

Whether you work full-time, parent full-time, go to school full-time or just live life full-time you can't truly experience true prosperity if you don't have your health. If you can't keep up with your kids or grandkids life gets a lot less fun.

Over the years I have built my reputation by helping people just like you. If you have a bad back, a bad knee or chronic pain of some kind you are in right place. What most of my clients fail to see is that because they are carrying extra weight around with them they are actually making things worse themselves and not better by not exercising regularly.

It's true, over the years I have been blessed with opportunities to train professional athletes and celebrities. But, this has only been made possible because of the profound results our individual clients have been receiving.

During my career I have been the Director of Strength and Conditioning at Oral Roberts University, I've founded Dynamic Sports Development to train professional athletes and I've shared the stage with motivational gurus, but at the end of the day my number #1 focus is on you and helping you achieve your fitness goals.

My coaching philosophy is simple: I am dedicated to providing the tools necessary to empower individuals to create ultimate lifestyle changes. I am not interested in helping you to lose a few pounds here and there that you will gain back a few months from now.

I AM COMMITTED IN ASSISTING YOU IN TRANSFORMING YOUR LIFE!

I have lost 30 pounds, 29 inches and 10 percent body fat!



“In January, I made a life-changing decision, I joined Coach JC’s program, Bootcamp Tulsa. It is more than just a workout; this program has given me the encouragement, accountability, and knowledge needed to transform my life! I am a healthy person and don’t have to worry about gaining weight back. It has taught me to make better choices, and I am able to do exercises that I never thought I could do. Thanks to Coach JC and BcT, I have lost 30 pounds, 29 inches and 10 percent body fat (and this is just by my fourth month!).”

– Miriam , 28 Year Old Woman Like You

Why BcT?

Bootcamp Tulsa is more than just a workout. Bootcamp Tulsa is a way of life! Bootcamp Tulsa is a community that was built for a place for women to finally get the results they desire and deserve. Coached by some of the top certified coaches in the nation Bootcamp Tulsa is the standard in Oklahoma when it comes to fitness.

We believe that each and every woman is a BEAUTIFUL being. We believe that each and every woman can WIN and should WIN in both their fitness and in life. Sometimes society tells you different and sometimes that beauty becomes clouded.

At BcT we bring out the BEAUTIFUL WINNER within you. You will be challenged to be the BEST you so that you can WIN Physically, Mentally, Emotionally, Spiritually, and Relationally so that you can WIN in life!

Bootcamp Tulsa Is About...

FAMILY.



*Connection is key and at BcT you will **connect** with some of the most beautiful women in the world. Women just like you from all walks of life. Once you are in the family you will experience what a family is all about. **Love, Compassion, and Accountability.** We also believe in the family and are advocates for STRONG families in America. Yes, BcT is a woman's only program but we don't discriminate. Check it out...*

Fitness for Men, Fitness for the Kids and Athletes: www.thedsd.com

FAITH.



*Bootcamp Tulsa was built on principles that last. You will **create** a faith in who you are and what you stand for. Faith in knowing that you can have that thing you so badly desire. Faith to awaken those dreams and look and feel sexy again. You will be in a family that believes in you when you find it hard to believe in yourself. You will create the faith to know that you were wonderfully made and you can look and feel the way you desire and deserve. Faith is created and you will create faith so you can WIN spiritually and WIN in life.*

FUN.



*If you're not having fun in life it's not worth it. We believe that fitness can and should be fun. You reaching your goals can be fun and at BcT you will have fun. You will even learn how you can have fun as you **conquer** the right mindset and eating habits to WIN. At BcT our family creates FUN! Life is about having FUN with your family and friends and the joy and happiness that you will find at BcT will re-energize you and rejuvenate you to WIN in life.*

FITNESS.



*You were created to move. Your health and your body is one of your most valuable assets. No matter where you are at in life when it comes to your fitness you can do Bootcamp Tulsa. Our programs are designs for ALL fitness levels and abilities. At BcT you will discover how your body should feel and perform. You will gain strength and stamina so that you can **choose** to live life to the fullest. You **WILL** experience results in your body. You **WILL** feel better, look better and perform better and you will WIN.*

Coach JC honoring 3 very special ladies with their “3 Year Committed” Awards

“Thanks everybody for making 5:30 am feel like comedy, therapy and exercise hour all in one. Especially my coaches at BCT that keep me believing in myself.” – Jennifer

“Can't believe it has been 3 years! It's changed my life - what an amazing experience! Thanks so much Coach JC for your motivation! You have the gift to bring out the best in people!” – Deedra



“Oh how much has changed in the last three years due to Bootcamp Tulsa! I love starting my mornings off with the workouts and the company can't be beat. Thanks to each of the Jenks ladies that motivate me each and every time and Coach JC and Coach Jaime that push me harder than I would ever go by myself. Looking forward to many more!” – Melinda

WHAT SHOULD YOU EXPECT FROM THE BOOTCAMP TULSA PROGRAM?

“You know that if you don't take control of it now, it is only going to get worse. This is where a sense of urgency comes into play. You must have the attitude that you would rather be dead than to live a mediocre life. It is now or never!”

– Coach JC

*“I was doing BodyPump and spin classes and spending hours in the gym but not seeing any changes in my body. I continued to be frustrated by working out so much and not seeing results. I even wanted to quit working out all together! A co-worker then introduced me to BcT. It was crazy!! I immediately saw results... dropped inches all over my body and it was like instant. Everything started to firm up and I got back to where I was supposed to be while working out! Everyone now comments about my shape and how good I look. **No one believes me when I tell them that I'm in my mid 50s!**” Thank you BcT!*

- Transformed Bootcamp Tulsa Client, Somebody's Daughter & Somebody's Friend

Expect Results. Over the course of your program we are going to systematically deliver to you the truth about what it takes to lose the weight that you have always desired to lose. We aren't going to sugar-coat things, or dance around the issues, we are going to be direct, candid and results focused. Because at BCT our clients get the results they've always wanted.

As a part of the BCT family you will be working with some of the top strength and conditioning coaches in the country. They have been approved by myself personally. Each coach takes their job seriously and values you as an individual.

Once you commit to following our nutritional program and putting your all into each workout you will experience results.

After a few months in our program you will:

- Have all the tools necessary to **achieve the body that you have always desired.**
- **Look and feel great** about yourself.
- **Be healthier** and live a more abundant life.
- **Have the Right Mindset** that will allow you to have anything that you want, any time that you want it in the arenas of fitness and overall life.
- Understand what it really takes to get fit and **how simple** it really can be.
- Anticipate the future that lies ahead of you and truly know **what it is that you deserve.**
- Understand the real keys to **losing weight for good!**
- Understand **the true secret to fat loss** that no one else wants to tell you.

- Understand what you need to do in order to **take control of your life for good**.
 - Have the same game plan that has produced **life-changing results** in thousands of people's lives.
 - Have the **motivation** to build your life the way you want to build it.
 - Have the **confidence** to conquer those things in your life that you have always desired.
-

"I got married, and for the last year and a half have been trying desperately to lose weight. I tried running, a number of different gym classes, and even hired a personal trainer. I bought an elliptical machine and would work out for an hour a day at least 5 days per week. I finally sought the help of a nutritionist. Nothing had worked for me in that past was working. In fact I actually managed to gain 15 pounds in the process and I felt entirely out of control and helpless.

When I first heard about Coach JC's program I was not convinced that I would see the results that others were testifying to, but I figured I had nothing to lose. I joined the program 2 months ago and have lost 16 pounds so far. For a girl that has tried for over a year to even lose 2 pounds and seen no results, this was phenomenal progress. I cannot believe that changes I have experienced physically, mentally and emotionally!"

– Jennifer, 30 Year Old **Woman Like You**

WHAT IF THIS PROGRAM DOESN'T WORK?

“The purpose is what will drive you; the purpose is what is going to keep you motivated; the purpose is what is going to make this dream, this mental picture, become tangible.”

– Coach JC

This program will only NOT work if you don't.

If you are diligent about following the program you will experience profound levels of success.

This program was created because I am sick and tired of people not living their life to the fullest. I want to help you revolutionize your life so that you can walk out what you are called to do on this earth.

You weren't called to be trapped inside of a fat body that limits you physically and emotionally from pursuing and achieving your goals. This program was created with you in mind. I know that you are capable of **GREAT** things!

Yes, in life there are struggles and you will face obstacles, but you are still capable of having whatever you want, whenever you want it.

The question is...

How badly do you really want to take control of your life?

If you really want it badly enough, then you can have it NOW!

I have lost 30 pounds and dropped four dress sizes!!!!

“Within five months of starting the program I have lost 30 pounds and have dropped four dress sizes!!!! The program has taught me how to exercise correctly and to make healthier eating choices. I’m at a point in my life that I want to work out, I want



to be healthy, I want a better me and I want to step out of my box and experience life. All of these life changing experiences I’ve encountered over the last five months are all because I followed and listened to Coach JC’s Bootcamp Tulsa program. Thanks Coach!!!”

*– Hillary, 30 Year Old **Woman Like You***

NOW IS YOUR TIME!

“You can always tell what someone really wants in life by looking at their priorities.” – Coach JC

- Maybe your doctor told you that you need to take control of your health.
- Maybe your mirror told you that you shouldn't wear those clothes anymore.
- Maybe you just want to feel good again.
- Maybe you need to lose 100 pounds.
- Maybe you want to lose 20 pounds.
- Maybe you just want to take control of your life.
- Maybe you are sick and tired of being sick and tired.

Well, I have great news for you! Now you can have any and all of those things.

The principles that we teach at BcT will give you the freedom to experience ultimate success!

Before joining Bootcamp Tulsa I was not motivated to stick to an exercise regimen...



*“I would work out on my own here and there, but not regularly. I was also only walking or running and not strength training, so I was not in great shape muscularly. I was skeptical about training with the program because I didn’t know if I could keep up. **Since I had never truly “trained” before, I was afraid of failure.** That fear was totally unfounded, though because they always work with you at your level, and then help you to increase your ability to push it to the NEXT level.*

I have seen tremendous results while training with Coach JC, Bootcamp Tulsa program! I have lost weight and body fat and have increased my physical strength and ability by 100%. I have been a part of the Bootcamp Tulsa family for over a year, and even after the first month, I saw dramatic results. That is why I have continued to be a repeat customer!

What I love about that program is that it is very motivational. They genuinely care about the individual's fitness goals and about people in general. They get to know you personally. They take the time to ask you personalized questions to help them in determining what changes you need to make to gain the most benefit from your training. Even when working out on my own, I hear Coach JC's voice in my head, "GET THERE! Finish Strong! REP IT OUT!" – Tasa, 37 Year Old Woman Like You



Some of the BcT Family out at the Tulsa Color Run



A few of the BcT Family members about to rock the Tulsa St. Patty's Day Run

THE NUTRITION PLAN

"You have to get started. You have to start making some forward progress. You have to get a momentum my friend."
- Coach JC

I have spent my entire professional career dedicating myself to improving the quality of life for the clients I train. And whether I am training a full-time-stay-at-home-mom, a career woman, or a professional athlete, experience and research has taught me that nothing will work well if a new approach to nutrition is not embraced by the client.

You are going to experience a success with BcT, and now is the right time for you to embrace a new approach to nutrition. At BCT we are not interested in putting you on a "fad diet" because we know that the weight will come back.

We are interested in helping you to change your “lifestyle” because we know that once you have done this the weight will not come back.

*“I started working with Coach JC after losing about 50 lbs needing to lose more weight but was completely stuck. **He provided a clear, easy-to-follow game plan to change my eating habits and increase the intensity of my workouts.** I went for it full-force and have achieved results beyond what I expected. I’m in the best shape of my life and am down three sizes!...Just beware of one side effect...clothes-shopping is a whole lot more fun when you’re constantly looking for smaller sizes! As you’re going through this process, just remember that transforming your health and fitness is an investment in yourself in your future. It takes work and consistency and it’s every effort!”*

– Deborah, 28 Year Old **Woman Like You**



One of our many Nutrition 90 min Bootcamps throughout the year
for our BcT Family Members



The BcT Regeneration and Recovery Bootcamp



*Our BcT Wellness and Longevity 90 min Bootcamp
held at the World Renowned Dynamic Sports Development*

I lost 35 lbs. now. I dropped from a size 14 to an 8 - this has been the biggest thing for me! Love BCT :-)



“Have to tell you that “skinny Jenny” thing yesterday nearly made me cry. I cannot express how much I love the BCT family — it’s incredible the people who are drawn to this group. Me and my husband talk about this all the time --- three years ago was like a stake in the ground moment for me. My life was always good before that — but, so many things took off from that point that now my life is amazing. It all began w/ the decision to join BCT. It’s not been just a physical, pound shedding journey -- it’s been a spiritual growth. I know it’s all related. Just wanted to give you both another “thank you” --- though, never seems like enough! – Jenny, Mother and wife just like you

I've lost 50 pounds. Yes, FIVE ZERO!

"I have some exciting news to tell you. I figured if I didn't tell you, you would find out soon. Here goes... This morning I stepped on the scale and noticed, I've finally lost 50 pounds. Yes, FIVE ZERO! I can't begin to tell you how excited I am. Back when I first started you asked me, "What are your goals?" I replied with, "I want to lose 50 pounds!" You corrected me with, "I WILL lose 50 pounds!" and I've conquered my goal.

Words can't not express how thankful I am for you, Jodi and the BCT family. I feel 100 times better about myself. I would of never thought I'd be where I am today. I have set a small goal for myself, I WILL lose 20 more pounds. Again, thank you for all the encouraging words."

– Victoria , A Transformed Bootcamper just like you

I have less problems with my arthritis, I got off expensive heartburn medication, I have more energy and now wear the same size jeans as my daughter!!



“Thanks again for taking the time to personally meet with me today. Means a lot that you truly care about every BCT member out there.

I want you to know that your program, your Coaches, and your Bootcamp ladies have changed my life. Today we talked about where I want to be, and my insecurities came out a little about how I feel about myself. But I want you to know that alot of that is past mindset and years of failing at my fitness, health and nutrition that takes time to overcome. And I want you to know that **MOSTLY** I am just really proud of where I have come from

and where I am at now. Sometimes, I still do a double take when pass by a mirror, or see a picture of me. I see a glimpse of the me I used to be, and am now and I Love it!! It’s crazy that I am doing things I never thought I could do, and achieved results I am definitely proud of attaining. **I have less problems with my arthritis, I got off expensive heartburn medication, I have more energy and now wear the same size jeans as my daughter!**

Change is hard for me, and that is probably where a little of the emotion came from. I could be content with where I am at, but I know I am not truly in the best body I can be yet, and to get there I have to give up the fear, and realize that I can make the changes to achieve the best me I can be!!! Thanks again. You all are awesome!!”

– Donna, A Transformed wife and mother just like you

***I'm STRONGER, Have MORE ENERGY,
and HAPPY again!***



“Thank You Everyone!!!!...Not gonna lie, it's a bit nerve racking putting yourself out there. But let me just say this...

All I did was tell myself I could do this, set my alarm, and when it went off put feet on the ground, got dressed, and came to Bootcamp Tulsa! It was my Coach and Ladies that helped and encouraged me daily to be my best. I'm still working on that, I still have a ways to go. But in Proverbs there's a verse I believe in...Proverbs 15:22 (HCSB)

Plans fail when there is no counsel, but with many advisers they succeed.

– Lydia, Transformed Mother and wife just like you

BcT has improved my muscle tone, strength and MY RACE TIME!

*I have completed several half marathons and was ready for change and a different challenge. In 2009, I enrolled in BcT so I could strengthen my core and back, to help off-set my running habit. I knew I needed to strength train but would never do it on my own. A friend shared with me a Bring A Spouse/Friend day & I became intrigued. Now I'm approaching 2 years with BcT, my husband is still astonished I've stayed with it as I AM NOT A MORNING PERSON! BcT has definitely improved my muscle tone, strength and improved my race times. **I'm continually amazed at the things I can accomplish** working out with these ladies & Coach, I love the camaraderie and yes, even the competitiveness that makes it all so much fun, no matter how sore I may be after a workout.*

– Reasha, Wife, runner and 2 year Bootcamp Tulsa Client

My Cholesterol Has Decreased 40 Points!

*I had a health scare in December 2009. I needed to lose weight and get my cholesterol in control. What has BcT done for me? What I couldn't do back when I started, I can now do. My weight has stabilized and **my cholesterol has decreased 40 points**. I still get sore from the exercises, so I figure I am still working!*

*When I started my commitment to myself was to attend regularly. Now my commitment has changed to keep exercising for the entire time and to add weight. Being present makes a difference. I come because I am also committed to the other women at my location. **BcT is a great way to be disciplined: trust a good***

coach, let the process work by coming regularly, and keep your goals in mind, and be there for others.

– Susanne, Transformed Bootcamp Tulsa Client

I lost over 50 lbs. and Bootcamp Tulsa has CHANGED My Life!



When I got home last night I was in my closet changing into my “comfy clothes” and spotted an old pair of pants... I pulled them down and tried them on and almost flipped out! I started on this weight lose journey 3 years ago – one month shy of my 39th birthday with a goal of losing 56lbs in 13 months and being 140 by 40.

Well it's taken a bit longer and has been such a long journey that it's hard to remember where I began but this was PROOF!!! I remembered a picture of me in these pants and although it was right after my son was born they were still in my "fit" pile when I started down this path. I had my husband take a couple pictures of me wearing the pants now so I'd have this to look back on and be proud of what I've done, no matter how long it has taken.

I wanted to share with you because each of you has supported me in this journey in some way – Thank you so much! Love & Hugs,

– Tracy, Transformed Bootcamp Tulsa Client



To see more life changing transformation pictures and videos please visit www.bootcamptulsa.com



Thank you for taking the time to read our
BcT RESULTS book.

We hope you got a little inspired and we look forward
to including you in next year's book!

SEE YOU OUT AT A BOOTCAMP!