

Sweat Pages

[Home](#)

[Boot Camp](#)

[Athletic Training](#)

[SweatCommunity](#)

SweatChannel: Boot Camp

## Happy Holidays, SweatCommunity!

*Let me tell you a story about Boot Camp Betty,  
She exercised 3 days a week and her diet was steady.  
She pushed to her limits with a determined look in her eye,  
Thanksgiving came and she went light on the pie.*

*Betty was a pretty young lady, and ready to mingle,  
She met an older gentleman, by the name of Kriss Kringle.  
He was a heavier man and always wore red,  
He was white in the hair, but covered it with a hat on his head.*

*Kriss' job required him to travel for work and eat cookies for pleasure,  
And 2 months ago he was diagnosed with high blood pressure.  
So at dinner one night, they decided to make a pact,  
That over winter they would exercise and keep a healthy diet intact.*

*Work got more busy and the weather got colder,  
But Betty brushed these excuses off of her shoulder.*

Check out how much fun we have at Boot Camp!

### Winter Promotions

New Year, New You  
6 Months Unlimited Boot Camp  
\$300

Winter Warrior  
3 Months Unlimited Boot Camp  
\$200

*She bought Sweat City's "New Year, New You" Deal to keep her routine,  
And 6 months later, she stayed fit, strong, and lean.*

*But Kriss' work became hectic and his focus wasn't quite right,  
He went against his no-cookie diet and gained 12 lbs in one night!  
After that, Kriss let his health go into a downward spiral,  
He got depressed, ate poorly, and stopped running his daily 3 miles.*

*But Betty cared too much about Kriss to let him break their plan,  
So she also bought a "New Year, New You" Deal for her man.  
Kriss soon became healthy and happy through fitness,  
And that's how Boot Camp Betty saved Santa and Christmas!*

### SweatPromotions

85% of people make a health-related New Year's Resolution each year. Here's your chance to walk the walk!

### New Year, New You

6 Month Unlimited Boot Camp Membership  
\$300

After the deal, you may continue at the \$50/month discounted rate for life!

**Stuck in the Chimney**  
**30 Boot Camp Classes**  
**\$200**

Email [chris@sweatcityfitness.com](mailto:chris@sweatcityfitness.com) to claim promotions.

### **Shout Outs**

Congrats to our Irvine Slammers BU10 and GU13 soccer teams for winning the OC Tournament of Champions! Can't wait to see what you do in State Cup next month!

Props to Jane Hamilton and Ali Aragon of the Westside Breakers for combining for 5 goals in front of Coach Chris this weekend.

### **Winter Warrior**

3 Month Unlimited Boot Camp Membership  
\$200

### **Stuck in the Chimney**

30 Boot Camp Classes (expires Jan 2015)  
\$200

**Sign up w/ a buddy and you both get \$20 off!**  
**Reply to this Email to claim promotions.**

### **Sweatducation**

So remember when I got bit on the nose by a dog earlier this year? Well, I got my second surgery last week to clean up the scarring. Things went well, but my nose is extremely red. How red? Let's just say that if Rudolph pulls a hamstring, I'm the first guy off the bench.

So in preparation for my debut as head-reindeer, I started thinking about the hard work and training it requires to be a high-

jumping, sleigh-pulling, lightning fast athlete like Rudolph.

Want to join me in becoming a superstar at the front of Santa's sleigh? Here's your workout:

*Mountain Climbers and Planks*

Reindeer need to be able to drive their legs while maintaining rock-solid core strength (reindeer have 6 packs).

\*Alternate 30 sec Mountain Climbers and 1 min Planks. Repeat 3 times.

*Squat Jumps and Pushups*

Build power in your hind legs with squat jumps so that you can jump from roof to roof. Pushups with strengthen your front legs to make you a well-balanced reindeer.

\*Alternate 10 Squat Jumps and 10 Pushups. Repeat 3 times.

**Healthy Holidays!**

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[www.sweatcityfitness.com](http://www.sweatcityfitness.com)

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