



## **OUTDOOR BOOTCAMP – NO EQUIPMENT NECESSARY**

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### **OVERVIEW**

Maximize your time and spaces by incorporating powerful bodyweight exercises that can be executed anywhere. Learn to coach movement standards in outdoor settings. Help clients develop self-awareness in foundational exercises (squat, lunge, hinge, push, pull, rotate) using elite coaching techniques taking advantage of community-based, outdoor environments.

### **OBJECTIVES**

- Benefits of Outdoor Workouts
- Before You Take It Outside...
- Advertising Classes
- Karma or Fee-Based
- Mentoring New Coaches
- Coaching For Results, Safety And Success

### **SUMMARY**

Use drill, partner/pacer and group challenge techniques in a live class setting.

**Please remember to submit a session evaluation.  
Your feedback is important to us! WSSC 2019**