

## **SPANGDAHLEM FITNESS CENTER BOOT CAMP**

Spangdahlem Air Base incorporated a new training class into their award-winning fitness program this year. The class is called “Back to Boot Camp”. This class is a circuit training class that incorporates all the basic exercises that Air Force members learned while in basic training. The result is getting military personnel to pass or improve their physical training test score and improve in cardiovascular endurance and muscular strength. The three main areas targeted in the class are upper body, the core area, and cardio components.

The class is a huge success with numerous groups on base including military members and civilians just looking to get in to great shape. Squadrons on base incorporate the class into their weekly physical training sessions as well. The class is in the main gym, with headcounts averaging between 60-100 people per class. Personnel directly attribute the dramatic increase in strength and endurance to the “Back to Boot Camp” class. Many members saw increased scores on the physical training test after taking the class for only a couple of weeks.

