

FAQs / sfhills&drills

FREQUENTLY ASKED QUESTIONS (FAQs)

1. HOW DOES IT WORK?

Depending on the area and location you choose (SOMA, Potrero Hill, The Financial / Downtown district or Lake Merced) and the time allotted for the course, you will meet with a designated trainer. They will then lead you through a 10 -15 minute warm up and stretch. Then you will be instructed to line up and follow your trainer and the rest of your team to the first course of the exercises.

For Corporate, Private and Executive camps, we come to you.

2. WHAT ARE THE EXERCISES?

- Speed drills
- Obstacle Course
- Interval Circuit Training
- Medicine Ball work
- Core & Stability work
- TRX
- Kick-box Conditioning
- Hills
- Team sports drills
- Calisthenics
- Agility moves
- Power Walking/Jogging.
- Flexibility work and much, much more...

3. WHAT DO I WEAR? AND WHAT IF IT RAINS?

Just wear what makes you feel like a champion. Or wear something as simple as a pair of workout shoes, shorts, sweats and a T-shirt.

In the case of rain, if it's pouring down (for your safety and ours) the camp will be canceled. You'll be notified way ahead of time. The camp will resume as scheduled, but extended as necessary so you don't lose any workout time.

4. WHY CAN'T I DO THIS AT A GYM?

SF HILLS AND DRILLS is designed to create a sense of balance...not just in the body, but also in the mind. We use the outdoors and the city's turf, parks and hills to accomplish some of our goals. Our Boot Camp cross training targets muscular, core-fit strength, overall flexibility and team building exercises. You will confront head on the issues of body fat reduction, endurance, stamina, agility, coordination and focus.

5. WHAT IF I CAN'T DO THE ROUTINE?

Our team of Camp Leaders will assist you in every possible way. We will guide you through each drill in a safe, but effective way and make modifications as necessary.

Obviously, we don't recommend taking a boot camp series if you have a serious injury or a life-threatening ailment. Make sure that you fill out our Registration/questionnaire, and we'll take it from there.

6. WHAT IF I CAN'T RUN?

Then walk. We highly recommend it if you cannot run. In fact, we will help you reach a level of power walking that will get you through the boot camp course with flying colors and inches lost. We will always be there for you.

7. WHAT WILL I GET OUT OF THIS?

More than your monies worth. You'll notice the level of reduced retention and creativity at work. You'll save on a gym membership and our fees are less expensive than hiring a personal trainer. You'll notice the results from gaining knowledge about your alignment, form and injury preventative workouts.

You will become more motivated towards reaching your fitness goals, completing work related projects and pick up new ideas that will enhance your current workout regime. With consistency, you will begin to see results that will surprise you.

However, if you need the assistance of a personal trainer or a nutritional coach we can help you with that as well.

For personal training services, corporate and private camps we'll come to you. It's that easy.

We also have convenient camp locations with no hassles finding parking.

If you have any more questions or concerns, please email us at:

sfhillsandrills@yahoo.com or contact us at 415-948-8769.

www.sfhillsandrills.com