

Calgary Personal Trainer First to Implement Revolutionary Boot Camp Workout Music System

By Lynnell Ible CSCS

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Lynnell Ible, a Calgary personal trainer and fitness boot camp instructor, has just implemented a revolutionary new music interval training system to deliver unparalleled intensity, motivation, and results for her clients. It's called Boot Camp Dynamite powered by Workout Muse, the world's most trusted source for fitness music and media production.

Lynnell is regarded as a top fitness expert in the local Calgary area because of her commitment to utilize the latest and greatest tools the fitness world has to offer. According to Lynnell "Utilizing Boot Camp Dynamite allows me to give more personal attention and supervision for my members. Everything we do is based on timed work sets. Having to watch a clock makes it difficult to do both."

And that's where Boot Camp Dynamite steps in- the music tells your clients exactly what to do: when to start, when to stop, when to move on to the next exercise, and even provides countdowns and updates to keep them focused on the task at hand. This personal music trainer assists Lynnell so that she can keep her eyes focused on her clients- not the clock. This critical increase in client supervision dramatically decreases the risk of injury in a boot camp style workout.

Lynnell goes on further saying "Interval training is scientifically proven to burn nine times more body fat than ordinary exercise. In addition, the right workout music has been shown in the research to reduce perceived exertion and inspire movement resulting in both acute and long-term improvements in exercise performance. Boot Camp Dynamite combines tried and true interval training protocols with motivating music for one amazing training experience. My campers simply love it and I wouldn't run another workout without it."

Greg Justice, the President of the Association of Professional Personal Trainers (APPT), agrees saying: "I have been in the personal training business for 26 years and I have seen a lot of fitness fads come and go- but Workout Muse is here to stay. BJ Gaddour's music interval training system for group exercise has simply revolutionized the fitness industry. I use it in our corporate fitness programs throughout the country and soon to be seen worldwide. It allows us to press play and work with more people per hour to better leverage our time and maximize profits- it literally helps a trainer make more and work less while helping more people. In the midst of the current obesity epidemic, Workout Muse could not have popped onto the scene at a better time. If you are a serious fitness professional, you simply can't afford NOT to implement Workout Muse into your fitness boot camps."

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For more information about Lynnell Ible and her local Calgary fitness boot camps, please visit <http://bootcamp.yourbestfitfast.com> She can be reached by phone at 403 850 6043 or by email at info@yourbestfitfast.com

For more information about the fitness music and media production company, Workout Muse, please visit "<http://www.workoutmuse.com>" www.workoutmuse.com.

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