



COURTESY DOYLESTOWN BOOT CAMP

Left: Doylestown Boot Camp utilizes a wide variety of workouts, including pushing a truck across a predetermined distance. Bottom: Camp continues, rain or shine!

Boot Camp

It Doesn't Have to be a Major Payne! By KC

At 4:30 A.M. every Monday thru Friday, long before anyone else has even left their REM sleep, drill instructor Wendy Yazujian is loading up gear for her campers in the back of her truck and preparing for her campers' morning workout routine. No finger painters or s'mores eaters need apply; we're talking about boot campers! Now in its third season, Doylestown Adventure Boot Camp was developed for women who needed to get motivated and lose inches and pounds while working their entire body from head to toe.

Yazujian, a corporate accountant, was always giving workout and nutritional advice to co-workers during her lunch hour. After the birth of her first child, she stayed home while pursuing personal training, which gave her the flexibility to manage her own schedule. She's an original Gold's Gym girl who looks like she could be on a body building trading card (if there was such a thing). Yazujian's perfectly-sculpted physique is evidence of her commitment to maintaining a healthy lifestyle. By knowing exactly how to work her entire body,

she gets incredible results from the most effective workout program in the market.

As a personal trainer and body builder, she has a strong emphasis on strength training. What was once a hobby officially turned into a career once she constructed a workout studio in her home, and cultivated a client base of close to sixty clients. One day, one of her female clients brought a friend to a session and Yazujian couldn't help but notice how the two women motivated each other throughout the workout. Impressed with the camaraderie of these two women, Yazujian felt she might achieve better results with her clients in a group setting. In 2005, she formed a small group of neighborhood women, some of whom she was already training, and took her workout to the outdoors. Later that same year, she began her search for a potential market in Buckingham, where she and her family currently reside.

"You can achieve greater results in greater spaces like a wide open field versus a small aerobic studio, and endurance above all is the absolute benefit of an outdoor program," said Yazujian.

The adventure begins at 5:15 A.M. and so does Yazujian's grueling 2.25-mile commute to Camp Curiosity's soccer field and lap track, with a truckload of gear. The gear consists of compound joint buckets filled with 20 pounds of sand and a 7-foot tire from a bulldozer that is tossed from one side of the soccer field to another. It isn't pretty, but



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HEALTH

it gets the heart pumping. Doylestown Adventure Boot Camp begins promptly at 5:30 A.M., where clients are expected to be on time or they'll face the consequences by having to wear "the belt" for the duration of the workout (a 10-pound weight belt).

Campers begin with a warm-up of sets of back-to-back jumping jacks with hand weights, followed by a half mile lap to keep the heart rate up and the body ready to go. There's nothing A-B-C about this routine, it's truly an adventure. This is a serious workout for those individuals who want to get in shape while decreasing their pants size.

Doylestown Adventure Boot Camp has dropped thousands of pounds and hundreds of inches from the women who have endured the program. Most campers start off week one "ready to go," according to Yazujian. By week two, the mind and body begin to adjust as the brain succumbs to physical frustration. By week three, there is an overall awareness of the body's ability to fully partake in such a rigorous regime.

Over the past year and a half, Yazujian has been even harder at work, conducting Kids Boot Camp and more recently, a boot camp for couples-only. Wendy realized the importance of childhood obesity and knew that her children were only getting a minimum amount of physical activity in the course of the school day. Last summer Yazujian was inspired to launch the Kids Boot Camp, a wildly successful program that has had a terrific enrollment since the first camp. For her couples-only boot camp, couples can anticipate working out together, as the instructor has the couples tie their ankles together like a three-legged race while performing an obstacle course. The couples-only camp concludes with an instructional seductive stretching segment towards the end of the session.

If your workout needs a jump-start, your kids need to be plucked from the Play Station, or you'd like to get closer to your partner, visit www.adventurebootcamp.com for more information. **BL**

KC is an active member of her community and freelance writer who resides in Buckingham with her family.