

Become the best
version of yourself.

BOOT CAMP FITNESS MANUAL

Early Access Edition



Introduction:

THE CONCEPT

- Early Access
- The aim of this game.
- Why a non-VR fitness game?

Early Access

First of all, thank you for joining the early access version of Boot Camp Fitness. All feedback, such as what you like and dislike about the game, your ideas for updates, how the game runs on your computer system and letting me know of any unforeseen bugs and any exercises that need more clarity etc will be very much appreciated. You can help expand and improve this game even more.

The main focus will be on adding even more exercises to the game in ongoing updates plus other features and content added. The game will be in early access for about a year after the release date, although it is a fully playable game with all essential features present, even in early access.

The reason I brought this game out early instead of the planned November 2020 release date is because many people are (at the time of writing) locked down because of the Covid19 virus outbreak. There are many VR workout games, but to my knowledge this is the first and only non-VR workout game option (at the time of writing).

It will be fun to polish the game using your feedback to steer me closer to making the game you envision it should be. I will pay close attention to your reviews and community comments.



The aim of this game.

Boot Camp Fitness is focused on you as a player and for your achievements in the game to carry over into your real life. The game was made so that you can pretty much workout anywhere, even if you do not have any equipment with you, be it in a hotel room using a laptop, or at home with your desktop computer; whilst at the same time enabling you to add equipment if you want to.

After consulting with fitness professionals, exercises that have been recommended are arranged in algorithms within the game that produce a different workout, every workout. This makes working out fun as you never know what the focus is going to be on. The algorithms always aim to be balanced and take into account different planes of motion. You have a large amount of control over the nature of the workouts however, as you can adjust workout times, difficulty levels and include or exclude certain types of exercises and equipment. This falls in line with another aim of the game which is to make each workout fun.

This game is focused on cardio, strength, balance, flexibility and a strong core. Workouts are more geared toward circuit training type workouts than bodybuilding. You will gain natural looking lean muscle and become insanely fit with this game, but it will not make you 'large' with bulky muscle gains.



However, the game can easily be used by players focused primarily on bodybuilding on cardio days in between weight training days by disabling strength exercises.

Why a non-VR fitness game?

VR games are fantastic and VR will continue to improve along with new technology. However, there will be some people who want to workout without swinging hand-held controllers around or whilst wearing a VR headset. There will be players out there who do not want to accidentally punch their computer monitor or step on the cat whilst being rendered effectively blind. Many people will not want to spend out on expensive VR equipment in the first place.



As a player as well as a developer on Steam I have been searching for a non-VR fitness game focused on the player (not just a simulation) for 10 years now. I still haven't found one and to my knowledge (at the time of writing this manual), there is still no non-VR fitness game on Steam apart from this game so far. Therefore, I decided to make one instead. I hope that more non-VR fitness games get made and appear in the future for gamers on PCs using Steam.

Game

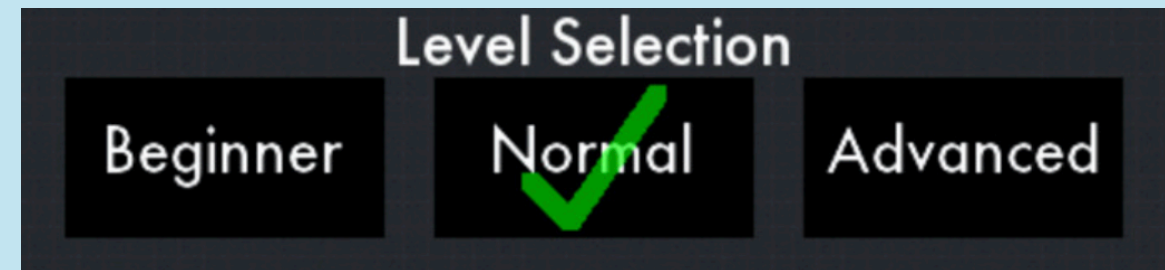
INSTRUCTIONS

- The interface.
- Exercising to Boot Camp Fitness

The Interface

Level Selection

When you first start Boot Camp Fitness you will notice that there are three difficulty settings, 'Beginner', 'Normal' and 'Advanced'.



The 'Beginner' level workout is a great level to start at, unless you are already pretty fit, in which case 'Normal' level may be a better option. The 'Beginner' level has a lot more lower impact exercises so will be perfect for anyone who needs to lose a lot of weight, or anyone that has not done any physical exercise in a while.

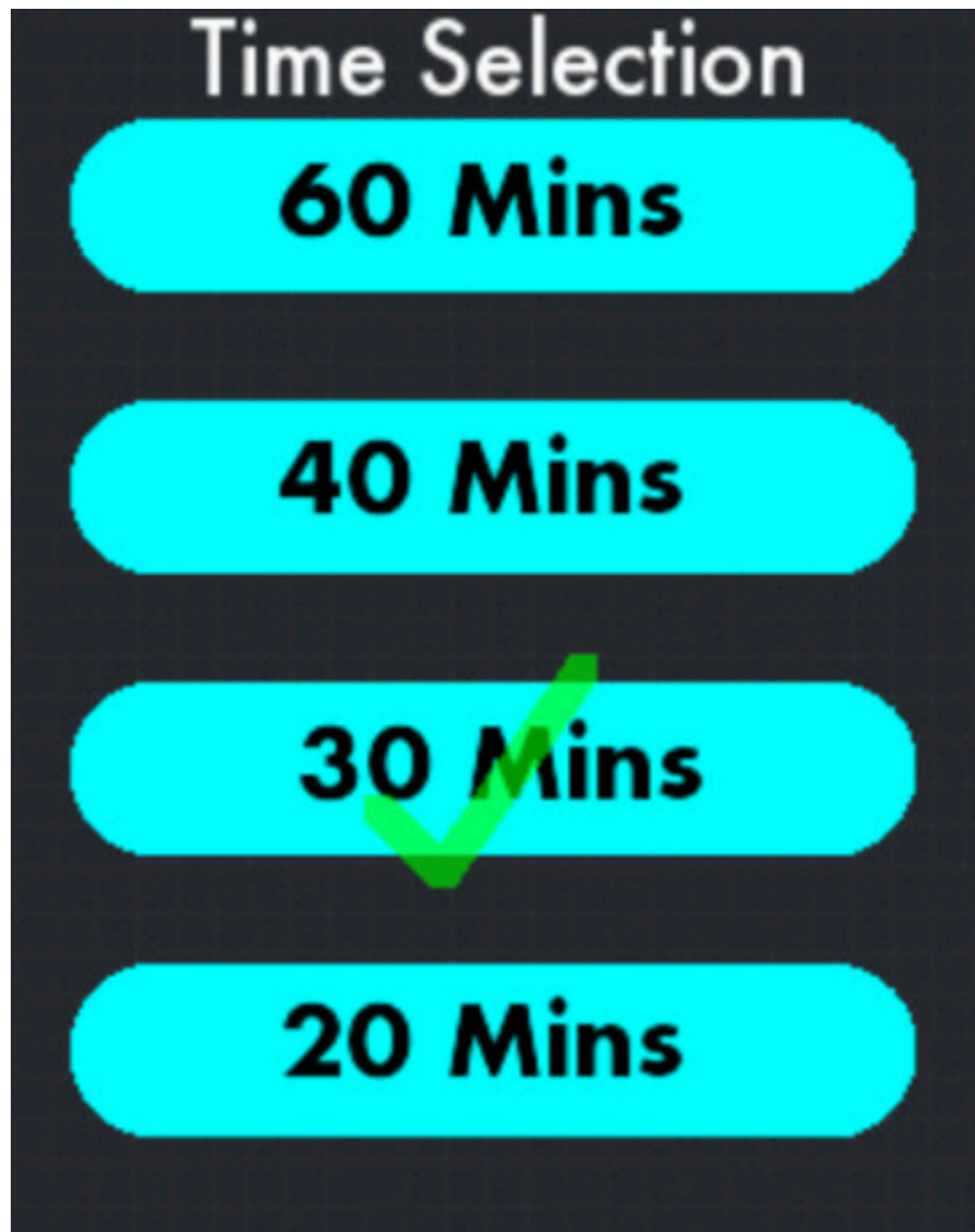
'Advanced' is for people at an advanced fitness level who wish to push themselves for even more of a challenge.



Overview of User Interface

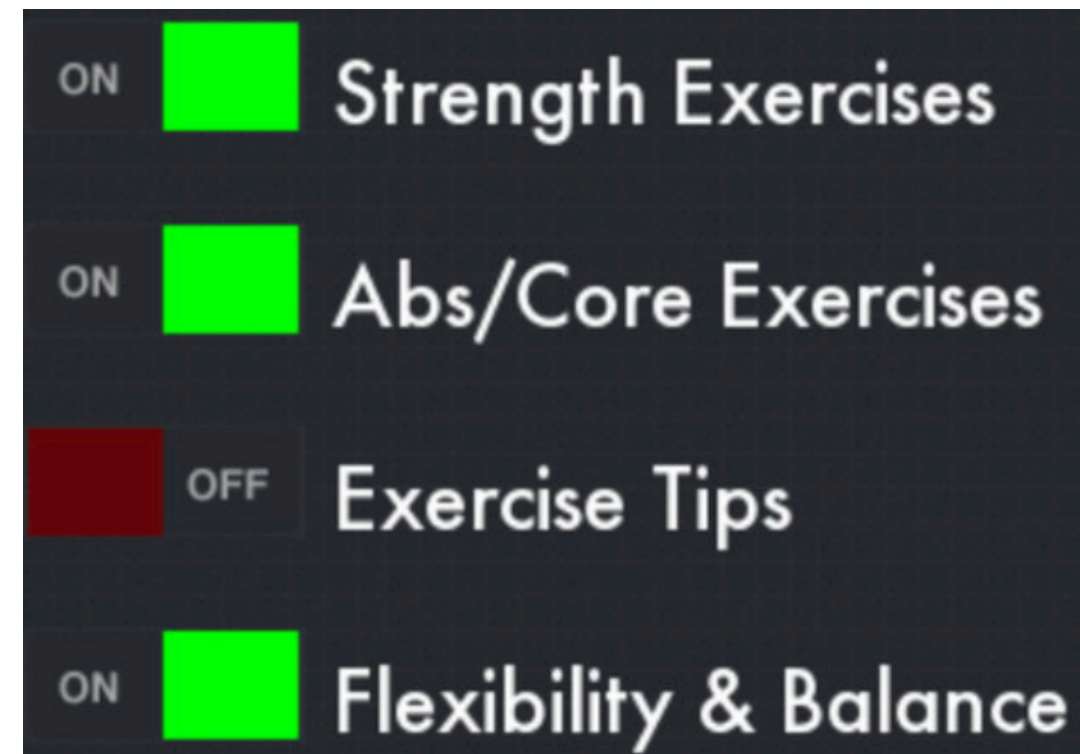
Time Selection

After selecting your preferred difficulty level you can then select your preferred workout time preference. You can choose between a 20, 30, 40 or 60 minute workout.



Exercise Types

By mouse clicking the toggle buttons to green (on) and red (off) you can choose to include or exclude certain types of exercises.



If you toggle strength to on (green) the algorithms will add specific strength based exercises into your workout, such as press ups and squats etc. If you toggle strength exercises to off (red) the workout will lean more toward a cardio type workout.

Exercise types continued . . .

If you workout 5 days a week for example you may want to enable strength exercises for 3 days and disable them for 2 days alternately to allow for your body to rest and repair.

By toggling the 'Abs/Core Exercises' on and off you can include or exclude core exercises. You can enable core exercises on every workout or switch them on and off alternately depending on your preference.

'Exercise Tips' when enabled shows exercise tips that run like a ticker tape from right to left as you exercise. When you get to know the exercises well in Boot Camp Fitness you may opt to toggle the tips off. You can also toggle exercise tips on and off whilst exercising.

'Flexibility & Balance' when enabled will create a 2 minute flexibility warm down including balance exercises at the end of your workout. When disabled there will still be a warm down consisting of light cardio exercises.

Fitness Level

Unless you are already fit, please start at 'Beginner' level, especially if you have not done any physical exercise for a while. This level is also very low impact, so it will be great for anyone starting out with a high body fat percentage.

If you begin to find 'Beginner' level too easy then it is time to move up to 'Normal' level.

There is an 'Advanced' level for players who are very fit. If I get feedback saying that this level is not challenging enough, I will add an 'Elite' level.

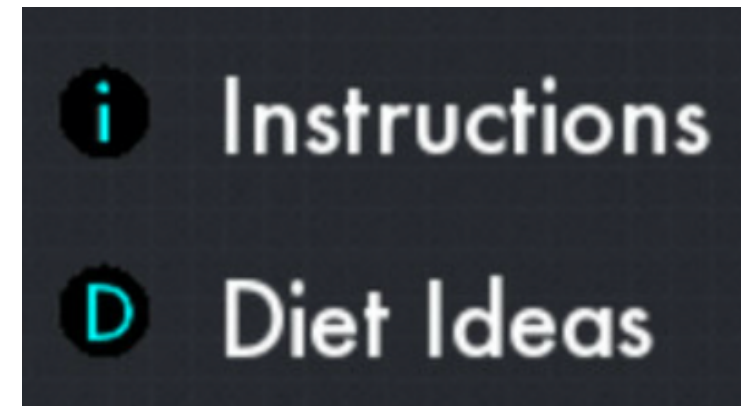
If you find yourself very out of breath or in any kind of discomfort or pain please stop. On any exercises where you cannot keep up, let's say for example there is are 30 seconds of press ups, but you can only manage press ups for 20 seconds, never mind, just rest, you will become stronger with each workout.

If the exercises demonstrated by the animated model are too fast, slow down. If you feel that they are too slow for you then up the pace. You are in control of the pace and effort of your workout.

Instructions & Diet Ideas

Quick start instructions can be accessed by mouse clicking the 'Instructions' small round button.

You can also look over some dietary ideas by mouse clicking the 'Diet Ideas' button.



This option is for players looking to change their existing diet to lose weight (from fat stores). The diet ideas are not ideas for fad or crash diets. The dietary ideas all lean toward safe approaches which are practical, enjoyable, wholesome and sustainable for life. I have consulted with nutritionists to provide a range of options, all of them I have personally tested on myself (the developer) which proved effective, at least for me personally. It is finding the dietary approach which works for you personally and one that you enjoy. Therefore I have listed a few approaches and not just one single approach in the hope that players may find the approach that works for them personally.



Exercise Locations

At the bottom of the interface screen you will see many locked locations. Two of these locations 'Blue Cloud' and 'Lake' are unlocked by default. If you mouse click (check/tick) a location your workout background will change in line with your selection.

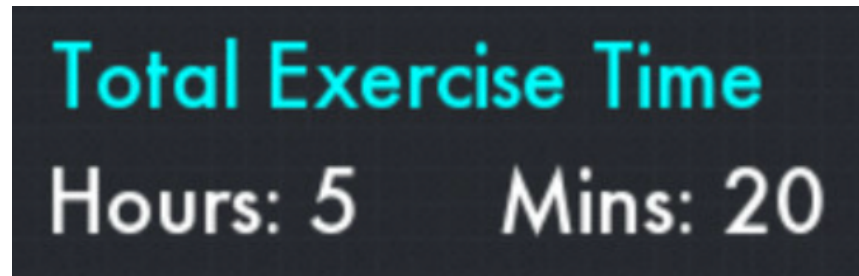
After your first full hour of logged workout time the next location 'Parking Lot' will unlock. Then as you put in more workout time other locations will begin to unlock, giving you more choices in varied backgrounds/locations. If you log 50 hours of workout time you will unlock the coveted 'Aurora Lights' location. Please upload a screenshot to the Boot Camp Fitness Community group if you reach this high level achievement, together with any fitness/fat loss results.

I will be sure to leave a reply giving you a digital high five for your commitment and effort!

I have deliberately put no screenshots of 'Aurora Lights' up on the Steam store page as it really is a badge of honour when unlocked, as putting in 50 hours takes a high level of consistency, motivation and physical effort.

Total Exercise Time

Just as it says, this is your total exercise time logged so far which as it increases unlocks new locations and ranks.



Save & Quit

When you have finished working out you can use 'Save & Quit' to exit the game whilst saving all your achievements etc.



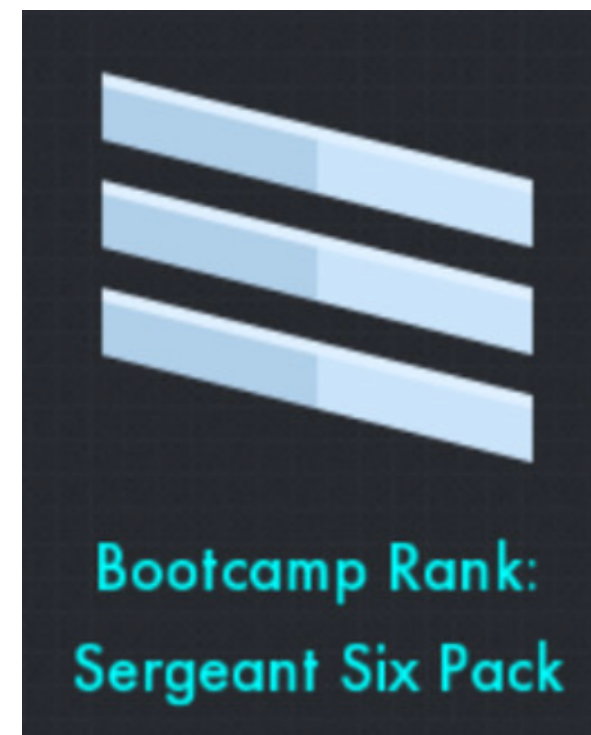
Reset Everything

When clicking this button it will ask you if you are absolutely sure you want to do this, as all information will be set back to default. Plus all unlocked ranks and locations will be locked once more as if playing from scratch.



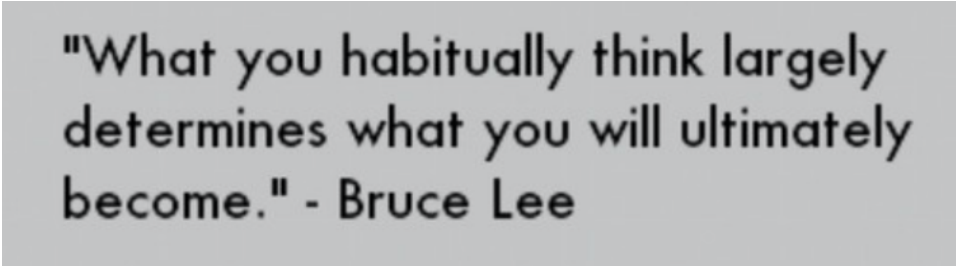
Ranks

There are a total of 13 Boot Camp ranks to unlock as you progress. To reach the absolute top rank a total of 50 hours of workout time will be needed.



Motivational Quotes

Next to your current Boot Camp rank you will see motivational or informational quotes. The quote changes every time you quit and reopen the game.



"What you habitually think largely determines what you will ultimately become." - Bruce Lee

I am not sure if players might find them interesting or corny - but they are nevertheless there anyhow.

Afterthoughts

You probably noticed that there is no indication of how much remaining time you need to work out for to unlock the next location or rank. This was deliberate as it is then more of a surprise when a rank or location is unlocked. I will say though that as you clock up more workout time the length of time gets longer between unlocks. 1 or 2 hours may unlock a location or rank in the first hours of the game but 5 hours may be needed for example as you climb further up the ranks.

The interface was designed not to be too cluttered, just clear and simple, as the less 'clicking around' before exercising the better when the motivation to workout is there. Less distractions make it easier to just click on 'START' and go.



START

It is not advised to workout for more than 60 minutes in a day with Boot Camp Fitness. If a player insists in putting in more time exercising walking would be a better alternative, as it is easy to recover from and very low impact on joints.

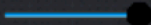




Press spacebar
to Pause/Unpause

Quit

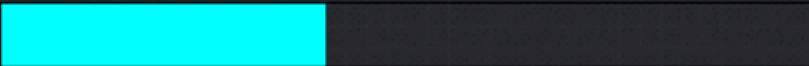
 OFF Exercise Tips

Volume 

Mute 



Reverse Lunges



Time Left: 09

Next up:

Scissors

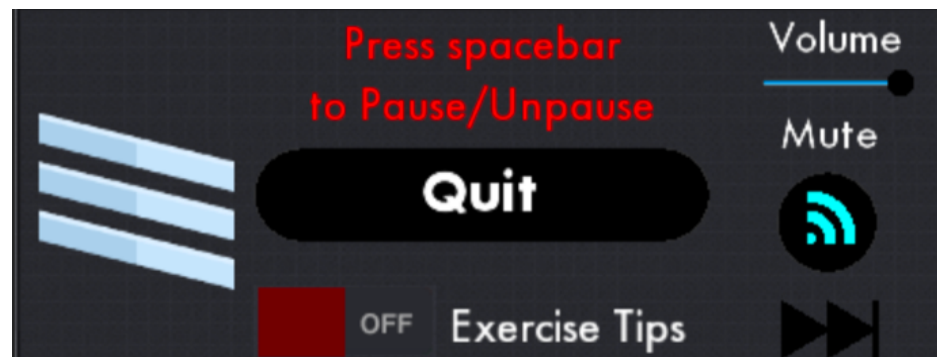
Workout Time: 29:08



Exercise Screen Overview.

Exercising to Boot Camp Fitness

After a 10 second countdown your workout will begin. In the bottom left you will see your current rank and a 'Quit' button should you want to terminate the workout early.



You can also hit the spacebar on your keyboard to pause the workout at any time.

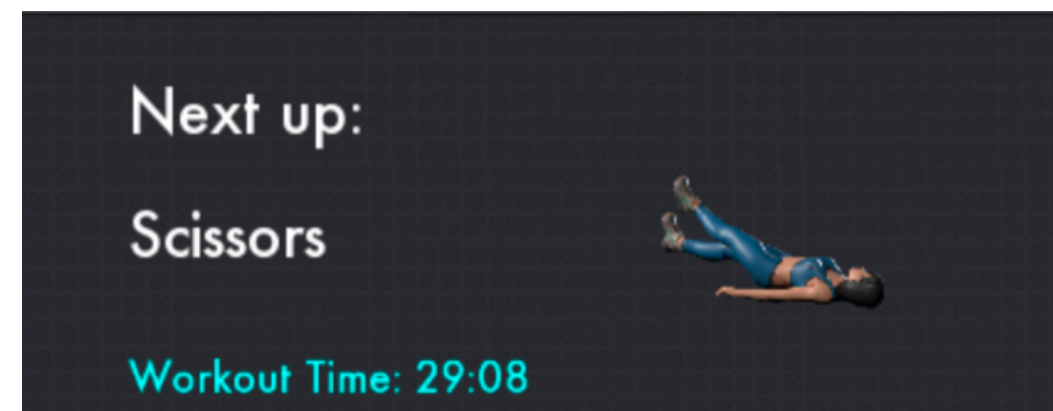
Should the program freeze for some reason, you can always press the 'ESC' escape key on your keyboard to exit Boot Camp Fitness.

You can turn exercise tips on or off with the toggle buttons and you can adjust the volume, mute the music or skip to another random track. The mute button is handy for if you want to listen to your own playlist on your phone / device whilst working out.

In the centre of the GUI the exercise's name is displayed and the duration of each individual exercise.



On the right you will can see what exercise is coming up next which gives you time to mentally prepare for the switch over.



Your total workout time is displayed at the bottom (in neon blue) which gives you a heads up as to how long you have left until the completion of the workout.

Common Questions

Why aren't there any animated transitions?

As a player as well as a developer, I always get frustrated when workout programs have animated transitions as you normally have to wait for the animated model to transition. Again, as a player I would rather transition to the next exercise as swiftly as I can. In reality, it may take 1 to 2 seconds to transition from jumping jacks to a plank, whereas watching an animation lasting 6 seconds showing the transition would be frustrating. It is just left to the player to transition to the next exercise or stance as swiftly as possible.

Why is there an animation of a woman and not a man?

The game is equally for men as well as for women. I just personally chose to have a woman demonstrate exercises with no particular reason for doing so.

Are you (the developer) a fitness professional?

No. I am most definitely not. Even though I have been into fitness my whole life, plus boxing and other martial arts, I am not a certified fitness professional. Therefore, I have followed advice wherever I can from fitness professionals and nutritionists when building this game.

Will there be any purchasable downloadable content (DLC) with this game?

No, I want players to own the entire game with any updates, exercises or equipment added etc provided for free.

Can you lose weight with Boot Camp Fitness?

A good diet is king when it comes to weight loss. Therefore this game will be a valuable tool for losing weight (from fat stores) only if the player's diet and nutrition are on point. It is impossible to out train a bad diet unfortunately. However, with the right diet and a slight caloric deficit players who want to lose weight in the form of fat loss will achieve this for sure.

What kind of physique will I end up with if I regularly workout to Boot Camp Fitness?

Lean, strong, healthy and fit, with a natural amount of muscle size. Your cardio will improve, your balance, mobility and flexibility will be better and you will end up with a strong core.

Can you body build using Boot Camp Fitness?

No, bodybuilding with the main focus being on muscle mass/size increases would demand a totally different type of program. Bodybuilders can definitely use this game on cardio days however.



A message to players.

Again, thank you for your interest in Boot Camp Fitness and I hope that this tool will assist you in reaching your personal fitness goals.

If you have any questions, ideas or find any quirks or bugs in the game, please leave a message on the community forum discussion section, or alternatively in a review. I will read every review or comment and definitely consider all feedback and fix any bugs or quirks asap.

Wishing you fun and success, not just in the game but in life in general.

Kevin Baker

Terms, Conditions and Disclaimer

Before beginning the Boot Camp Fitness exercise program you should undergo a full physical examination from your doctor. Even though Boot Camp Fitness has been made to be as safe as possible, by seeking the advice of fitness professionals throughout the entire development process, the developer of this game is not a qualified fitness professional; therefore any advice from a qualified fitness professional outside of the game should take precedence.

If you feel very out of breath, are dizzy or feel any pain or discomfort whilst exercising with Boot Camp Fitness, please stop immediately and consult with your doctor. Exercising comes with a certain amount of natural risk as you are pushing your body's limits. You assume responsibility for all risks associated with exercising by agreeing to these terms and conditions. However, Boot Camp Fitness has been made as safe as possible to the best of the developer's awareness with different intensities for different fitness levels, so risk of injury is extremely low. Conditions that someone may be unaware of could be dangerous however, which is why a full physical examination is very important before embarking on an exercise regimen.

If you have not exercised for a while, or are overweight, please start at 'Beginner' level as the algorithms will select lower impact exercises in general. You can work up to 'Normal' level in time, there is no rush, as consistency is what is really important. Only select 'Advanced' level if you are at an advanced fitness level and you find it very comfortable exercising at 'Normal' level.

If you allow any gamer, friend or family member to use your downloaded Boot Camp Fitness game copy, you assume responsibility for their well being. You should not allow anyone to use your copy of Boot Camp Fitness without being absolutely sure that they have no underlying medical conditions; they should also have had a full physical examination from a doctor prior to working out with Boot Camp Fitness.

You do not have to exercise at the exact pace that the 3D cyborg model is exercising at. If the pace is too fast, slow it down, if it is too slow you can up the pace to be in line with your fitness level.

Dietary advice / ideas in Boot Camp Fitness are meant as a guide to choosing a healthy sustainable diet of your choosing. One diet that works for one person, may not work for another person. If you follow any of the dietary advice / ideas in Boot Camp Fitness you assume all responsibility for any adverse affects. However, the dietary ideas in Boot Camp Fitness are all centred around nutritious whole foods, sustainable diets for life and not fad diets. Therefore the odds of adverse affects from dietary advice in Boot Camp Fitness is highly unlikely.

In jumping exercises in you should always aim to land softly on the ground. Make sure you have a pair of trainers/sneakers that are not more than 2 years old or have been worn out. Trainers/sneakers lose their bounce in the sole over time and with prolonged use, so treating yourself to a new pair of training shoes/sneakers if possible is a good idea. You should never strain to do an exercise or stretching movement. If you cannot complete the exercises for the specified amount of time, don't worry about it, take a break or jog on the spot, you will get better and better at that exercise over time.

It is not recommended to spend over an hour exercising with Boot Camp Fitness as you will end up feeling burnt out. Consistency is key, not overtraining, if you insist on wanting to burn a few more calories off via activity, walking would be ideal as it is low impact and allows you to recover.

It is recommended that you take 1 to 2 days off to recover (preferably 2); recovery is underrated and plays a key role in building lean body mass (muscle), whilst allowing your joints to recover and your body to reset.

If you encounter any bugs in the game, have any concerns or questions about the game (or improvement ideas) please leave a message on the Boot Camp Fitness community forum or contact the developer directly.

Although the above text contains a waiver of responsibility on the part of the developer, Boot Camp Fitness has been made as safe to follow as possible by the developer to the best of the developer's abilities

Wishing you fun and success on your fitness journey! And thank you for choosing Boot Camp Fitness to aid you on your personal journey to a lifestyle of health and fitness. Go for it!