



An Introduction To Adventure Bootcamp

Adventure Bootcamp: The Ultimate Out-of-Gym Experience

As the largest fitness bootcamp system in the world, with over 300 authorised and certified locations worldwide, Adventure Bootcamp is also the only fitness bootcamp backed by the National Exercise and Sports Trainers Association (NESTA).

Now created in the UK by former Gladiator **Kate Staples** and Olympic legend **Daley Thompson**, Adventure Bootcamp boasts the industry's most enviable roster of trainers, including a stellar selection of international athletes and champions.

Adventure Bootcamp is designed to motivate and deliver life-changing results, whilst maintaining the highest standards for training, safety and education.

Adventure Bootcamp is built on a simple and no-nonsense approach to fitness, derived from the training regimes of champion athletes and is designed to make the best possible use of the greatest gym on the planet – The Great Outdoors.

No expensive membership or kit is required and there are no diets, fads or theories - just an hour a day, in the fresh air, with like-minded individuals and a world-class trainer. Sensible nutritional advice and guidelines are also provided to compliment the physical training.

Typical expected results after a 5-week Adventure Bootcamp would include 5-12 pounds weight loss, 25% improvement in strength, 25% improvement in endurance, significantly improved posture and a 1-3 inch decrease in the midsection.

Adventure Bootcamp is dedicated to providing an affordable way to achieve your fitness goals, which is why sessions start from just £10, with courses from £69.

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For further information please visit www.fitnesscamp.co.uk or contact Dan at Adventure Bootcamp on 01932 863240 or dan@fitnesscamp.co.uk