

For Immediate Release

THE TOP FIVE PLACES TO EXERCISE IN LONDON THIS SUMMER

Outdoor fitness specialists, **Adventure Bootcamp** have released a list of the top five places in London to exercise for free this Summer.

Based on criteria including space, layout, scenery, cleanliness, safety and natural features, top spot went to **Battersea Park** in South West London.

The judging panel included a stellar cast of Olympic and Commonwealth athletes and trainers including decathlete legend Daley Thompson and former Gladiator Kate Staples, who together run ultimate fitness system **Adventure Bootcamp** at locations throughout the UK.

The panel put **Richmond Park** in second place, followed by **Primrose Hill**, **Hyde Park** and **Victoria Park** in Hackney.

Kate Staples *“Our panel all recommended Battersea Park with its fantastic facilities, sheer size and iconic location by the river. Richmond Park scored points for spectacular scenery, Primrose Hill was voted as having the best views, whilst Hyde Park had the best layout for exercise. Victoria Park scored very highly for atmosphere.”*

“The great thing about exercising outdoors is that you don’t need lots of equipment plus it’s completely free! All you really need is some good training shoes and motivation.”

Kate also advocates using your local park to create your own personal gym:
“Natural inclines in the land can be a fantastic way to change the intensity of sit-ups and crunches and improve your core stability, whilst benches and trees are ideal for stretching and warming up. “

Full List of the Top Five Places To Exercise In London This Summer

1. Battersea Park
2. Richmond Park
3. Primrose Hill
4. Hyde Park
5. Victoria Park

About Adventure Bootcamp

Kate Staples is Director of Adventure Bootcamp - the largest fitness bootcamp system in the world and the only fitness boot camp to be backed by an international educational and certifying body in the fitness industry. The National Exercise and Sports Trainers Association (NESTA) is NOCA certified and endorses and approves *Adventure Bootcamp*.

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

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.

Adventure Bootcamp – The Ultimate Out-of Gym Experience

For further information, please contact Dan at Adventure Bootcamp on
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