



SET A GOAL NOW...
A new exciting, fun, challenging 6-week boot camp based on outdoor training, cross fit and mixed martial arts training methods....



... for anyone seeking a physical challenge and great fitness results.

- YOU'LL soon describe yourself as the fittest you have ever been.
- YOU'LL have increased strength, endurance and cardio fitness.
- YOU'LL shed unwanted weight and dramatically decrease body fat faster than other programs.

Bootcamp Blitz

Advanced 6-week program

- Low tech high effort, full body workouts
- Program targets functionality, using compound, dynamic movements – no isolation exercises
- You won't exercise on treadmills, or machines. You will use kettle bells, medicine balls, free weights, jump boxes, tyres, plyometrics, dumbbells, sledge hammers, ropes and your own body weight.
- The program is progressive, taking you from your current fitness to a much greater level of conditioning.

TWO OPTIONS:

Early morning Boot camp BLITZ (6-week program) starts Monday 26 February 2018. There are 18 one hour sessions at 6am every Mon, Wed and Fri.

Mid-morning Boot camp BLITZ (6-week program) starts Tuesday 27 February 2018. There are 18 one hour sessions at 9am every Tue, Thu, Sat.

Boot camp BLITZ will SAVE YOU more than 60% off the cost of personal training. Cost is \$255. Book and pay before the start and get program for \$189 (save \$66).

BONUS: FREE access to gym during program

Places are limited so book NOW. Phone / text 0437 226 615 for booking, or book via email: bodyblitzer@datafast.net.au