



HIIT, or High Intensity Interval Training, is a format where you give 100% effort through quick, intense bursts of exercise routines, followed by short recovery periods. HIIT gets your heart rate up, burning more fat in less time than conventional routines.



... feel energised, motivated, strong, capable and confident.

- Break fitness plateaus.
- YOU'LL have increased strength, endurance and cardio fitness to compliment other exercise programs and sports.
- YOU'LL shed unwanted weight and dramatically decrease body fat faster than other programs.

HIIT Bootcamp

Intense 28 day HIIT challenge...

- The most efficient way to improve your fitness.
- Intense, full body workouts.
- Every session is different, but the basic structure involves bursts of fast moving exercise with short rests between where you can catch your breath.
- You will use medicine balls, resistance bands, skipping ropes, agility ladders, mini hurdles, kettlebells, dumbbells, in addition to exercises using your own body weight.
- The program is progressive, taking you from your current fitness to a much greater level of conditioning.

Take the 28 day HIIT challenge NOW!



THREE OPTIONS:

Early morning HIIT Bootcamp (4-week program) starts Tuesday 13 March 2018. Twelve 30-minute sessions at 5:30am every Mon, Wed and Fri.

Mid morning HIIT Bootcamp (4-week program) starts Tuesday 13 March 2018. Twelve 30-minute sessions at 9:30am every Mon, Wed and Fri.

Evening HIIT Bootcamp (4-week program) starts Tuesday 13 March 2018. Twelve 30-minute sessions at 6:30pm every Mon, Wed and Thu.

HIIT Bootcamp will SAVE YOU more than 60% off the cost of personal training. Cost is \$215. Book and pay before the start and get program for \$124 (save \$91).

BONUS: **FREE** access to gym.

Please note: *This program normally starts on a Monday, but we're closed Monday 12 March due to Labour Day Public Holiday.*

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