

Frank's Functional Fitness

Frank's Functional Fitness boot camp is Body Blitzer's newest and most advanced six-week group training program.

You will feel the benefits almost immediately!

I've incorporated scientifically proven training techniques aimed at reducing fat and creating lean muscle into a variety of 30 minute sessions.

This program will:

- 1. Improve ease of movement in daily life.**
- 2. Improve balance and agility.**
- 3. Reduce the risk of injury.**
- 4. Improve speed and strength for various sporting activities.**
- 5. Burn more calories per workout than conventional exercise programs.**
- 6. Improve muscle strength and tone.**



Functional training is the perfect balance of strength and conditioning, a workout which will help you to get stronger and lose weight while feeling and looking fitter.



What exactly is 'functional training'?

- The exercises are compound, meaning they use multiple muscle groups simultaneously. The more muscle groups simultaneously engaged during exercise, the more energy we exert and the more calories we burn.
- In terms of movement pattern, it means using all three planes of motion in our workout: forwards/backwards, side to side and rotation/twisting. By using these planes while exercising, we simulate common movements we use in everyday life, meaning our exercise positively impacts our life both inside and outside the gym.
- Exercises are based on movement patterns like: pushing, pulling, hinging, squatting, rotating, carrying and gait patterns (walking and running).

The four-week program start dates:

- **Monday, 8 February 2021.**

We have ONE option on offer at this stage:

- 1. Option 1 runs 7-7:30am every Mon/Wed/Fri.**
- 2. Option 2 NOT currently being offered.**

Places are limited, book NOW. Phone/text Frank on 0488 988 938, or email:

bodyblitzer.fitnesscentre@gmail.com

Cost: \$225. Book and pay before the start and get the program for \$119.

Bonus: FREE access to gym during opening hours (see Bootcamp Timetable 2021) and access to our Variety Bootcamp on Saturdays: 8:30-9:30am.