

CITY BOOT CAMP

LOSE WEIGHT GET FIT FEEL BETTER



City Boot Camp is designed to improve your fitness & reduce your body fat whilst taking your individual needs and circumstances into account. You do not need to give up a week of your life to do it.

People often start a boot camp in a poor state of fitness. By day 2 they are stiff and sore, by day 3 they cannot move. This means they waste over half their week unable to participate fully. Despite individual differences with medical history, posture and fitness everyone has to do the same stuff with individual needs being ignored. Once these boot camps are over the clients are forgotten about until they receive a mail-shot selling the next seasons boot camp!

The City Boot Camp is different.

City Boot Camp – Pre ‘Boot Camp Week’.

The City Boot Camp program starts 4 weeks before boot camp week. Firstly you are assessed using the Biospace In-Body Bioimpedance Analyser. This tells us and you exactly where you are regarding girth measurements, subcutaneous body-fat, weight, visceral body-fat, edema, muscle imbalances, etc. It is important to have this objective data at the start in order for your program to be as personally tailored to your needs as possible.

Following that is the nutritional consultation. This involves planning the week ahead, finding out what challenges you face that week by completing a dietary prediction chart. You will also be given a food diary.

Once that is completed a personal fitness program is designed. This could include cardio machines, Pilates, weights work, Swiss ball work, bodyweight only exercises and many other modalities. This program will last 4 weeks and will enable you to get the most out of your boot camp week.

That is not all. Alongside your nutritional consultations, program design and In-Body assessment are weekly personal training sessions. You will get 4 once-a-week personal training sessions before boot camp week. Your form will be checked, improvements logged and program adjusted to ensure you are working optimally in the gym and not wasting one minute.

City Boot Camp – ‘Boot Camp Week’.

Boot Camp week runs from Monday to Friday. On these days you train using CV equipment, stretch and mobilise for 1 hour on your own or in a small group. You then have 2 hours personal training or small group training. You do not need to train for more than this and in some instances training longer than this could be counter-productive and result in injury. You will receive dietary sheets containing menu suggestions with recipes for that week.

You do not need to give up a week of your life to do this! You can plan your normal week around City Boot Camp and still achieve fantastic results.

City Boot Camp – Post ‘Boot Camp Week’.

The following week a new program is designed for you to take into account your new, improved fitness. This is complemented by a nutritional review and weekly personal training. The final In-Body assessment is completed 4 weeks later and then we compare the readings so see how much body-fat you have lost and how much your fitness has improved.

2 other options are available, City Boot Camp without personal training and City Boot Camp without personal training or nutritional consultations. Please see the Pricing mailer for more info,