



# **BOOT CAMP** **PACK**



**Test your limits at our fun variety packed boot camps!**

## **Package Consists Of**



**8 x boot camps: 1 per week for 8 weeks**



**3 x outside of boot camp challenges:**



**Ninja Assault Challenge!**



**Monster 49 Day Challenge!**



**Online: 30 Day Clean Eating Challenge!**



**8 week overview of set boot camps**



**1 x food diary with calorie and macro guide**



**Anytime support on diet, training & motivation**

## **Requirements**



**1 group boot camp training per week at the set time**



**If you are unable to make a training you can allocate your spot to a friend or family member**



**Sessions are non-refundable**



**Self-discipline and adherence to the trainers advice is essential to achieve the best results throughout the training**

## **Payment Options**



**Advanced upfront payment**

To guarantee a spot in the boot camps, contact us on (03)9264381 or via

<https://www.energisedpt.co.nz/contact-us>

We will then advise you to hit 'Buy now' to make payment if spaces are available