

[www.FitnessBootCamp.co.za](http://www.FitnessBootCamp.co.za)






## Cape Town's Premier Fitness Boot Camp for Men & Women



**Real world fat loss expert, Robin Buck (BSc Physio, CSCS), discovers metabolism boosting system to melt off up to 4kg of ugly, unwanted body fat every 4 weeks.**

### What does Fitness Boot Camp Involve?

-  Group exercise training run in eight 4-5 week phases throughout the year
-  Nutrition coaching, advice & meal plans
-  A fun, supportive team environment to achieve your goals of losing fat, building muscle, improving your fitness and learning to live a healthier lifestyle

### Who is Fitness Boot Camp meant for?

Anyone who is serious about getting fit and healthy, and would like to look and feel better is welcome.

We have spent years refining and updating our innovative workout system which means that we now specialise in providing challenging workouts to people at all levels of fitness.

This allows a 65 year old with arthritic joints to exercise alongside a 25 year old with 5% body fat. And both will go away feeling satisfied that they had a challenging workout at their level.

You can be underweight, overweight, obese or post surgery. As long as your doctor has informed you that you are safe to exercise, you can register for Fitness Boot Camp.

Our programme has 8 workout phases throughout the year and 3 different difficulty levels within each phase.



[www.FitnessBootCamp.co.za](http://www.FitnessBootCamp.co.za)

[www.FitnessBootCamp.co.za](http://www.FitnessBootCamp.co.za)



**Imagine being able to get twice the results  
in half the time for less than a quarter of the cost  
of one-on-one personal training**

## **What happens during a Fitness Boot Camp workout?**

### **Personal Improvement Routine** (10-15 minutes):

This portion of the training session is dedicated to performing exercises that maximize improvements in performance and prevent both acute and chronic injuries. We will help you develop a corrective stretching and/or self-massage routine for sore or tight muscle groups to utilize during these 10-15 minutes before the official start of the workout.

### **Pre-Workout Routine** (5 Minutes):

This portion of the training session consists of warm-up exercises that are designed to properly prepare your body for the upcoming workout. Exercises range from those designed to activate and strengthen weak and underused muscles to movement prep exercises that dynamically increase muscle flexibility and joint mobility.

### **Workout Routine** (20 Minutes):

This portion of the training session consists of exercises organized in an alternating set format (supersets, trisets, or circuits) for total body workouts that are designed to stimulate maximal muscle-building and fat loss in minimal time. All exercises will be performed in three major categories: strength, cardio, and core.

We have an almost unlimited number of exercise variations within each prescribed movement pattern and boot camp phase in order to create a unique workout experience and to keep your workouts exciting, fun, and fresh!

### **Post-Workout Routine** (5 Minutes):

This portion of the workout consists of cool-down exercises that focus on corrective stretching and/or self-massage to dramatically improve muscle repair and recovery and to promote optimal muscle and joint health, both in the short-term and long-term.

### **Q & A** (10-15 Minutes):







This portion of the training session is made available for those needing and/or wanting extra special attention. We are ALWAYS here to answer any questions or concerns about anything relating to your training, nutrition, or supplementation. This allows us to provide that one-on-one personal training component to our boot camp programme.



# www.FitnessBootCamp.co.za



## Here's What YOU Get as a Fitness Boot Camper...

-  "TRY BEFORE YOU BUY" - FREE one week trial to all new Boot Campers
-  30-minute EXPRESS workouts for BUSY people looking for maximum fat-burning in minimum time
-  Choose 1, 2, or 3 sessions per week based on your personal schedule and budget
-  Boot camp phases run 4-5 weeks on with 1-3 weeks off throughout the year based on seasonal variations and corporate/school schedules
-  Custom done-for-you rapid fat loss nutrition and cardio programmes to follow in conjunction with our rapid fat loss boot camp workouts for best results
  - I. "Eating For Excellence" rapid fat loss nutrition system: for both men and women
  - II. The 16-week rapid fat loss cardio programme e-book
-  Special interactive members-only online website to provide 24-7-365 social support and accountability

## How Much Does It Cost?

Fitness Boot Camp costs R647 per boot camp phase.

But, you can take advantage of our special "**Test-Drive**" where you get to join our programme for a **FREE week** to see exactly how we can help you. This means that if you decide to join us after your free week, you get a **25% discount**.

We have limited "test-drive" places available on our boot camps, so please reserve yours today by calling me on 084 981 0233.



[www.FitnessBootCamp.co.za](http://www.FitnessBootCamp.co.za)

[www.FitnessBootCamp.co.za](http://www.FitnessBootCamp.co.za)



## What Are Our Clients Saying About Boot Camp?

"The Fitness Boot Camp has given me a new lease on life, I feel ten years younger. I am more alert at work and my fitness levels have increased dramatically over 4 weeks, more than I expected. I have lost a few kilo's, and 4% Body Fat, and that is without dieting!" **Janine Gray**

"Boot camp has really given me a different perspective on exercise and nutrition. I have never enjoyed exercising as much as i do now. I feel more confident and motivated. Robin has really been great in motivating us and having all the patience. I would recommend the boot camp to anyone who is serious about not only weight loss, but building self esteem and just wanting to be healthy." **Tanya Miseroole**

"For me Boot Camp got me back on to the fitness and healthy eating trail. A couple of weeks made all the difference. Losing a couple of kilos (and lots of centimetres) does wonders for self esteem!!" **Chris Carver-Brown**

"Fitness Boot Camp provided that group training atmosphere that I missed from team training sessions when I was at Varsity. The support received not only from Robin, but from the whole group was something I feel extremely lucky to have been a part of. Without that support and good humour, I would not have been able to improve my strength and fitness the way I did. The training sessions are the fantastic solution to anyone who thinks they don't have the time to exercise; they are short, but with maximum benefit and set you up to tackle the rest of your day with added energy. Boot Camp reminded me that I am stronger than I think I am, in many more ways than just fitness. Thank you Robin, and all the boot campers in my group!" **Lianne Carver-Brown**

"Boot camp is the best way for me to stick to an exercise routine because it is fun as well as challenging." **Jen Thom**

"Firstly, it has helped me lose a number of resistant kilos! It has improved my inner strength, I feel like I can take part in somewhat strenuous activities without feeling exhausted in the first 5 mins. My recovery time from bootcamp has drastically shortened, I no longer take a full two days to recover! I realise how much easier it is to work out with a group of equally driven people. I have thoroughly enjoyed it!" **Thabi Chanetsa**

"For the first time in my life (I'm 53) I got a real sense that there are things I can do on an ongoing basis constantly to improve my fitness level and to look after myself. This was a very positive experience for me, and I wish I'd started it thirty or forty years ago!" **Leslie Swartz**

Yours in Fitness,

A handwritten signature in black ink that reads "Robin Buck".

Robin Buck  
(Creator of the Fitness Boot Camp Programme)

c: 084 981 0233

e: [robin@fitnessbootcamp.co.za](mailto:robin@fitnessbootcamp.co.za)



[www.FitnessBootCamp.co.za](http://www.FitnessBootCamp.co.za)