

48hrs in the Life of a Boot Camper



- 05:30 - Morning wake up call
- 06:00 - Breakfast
- 07:00 - A three mile hike to the top of La Soufrière, an active volcano
- 10:30 - Rest and snack
- 12:00 - Lunch
- 14:00 - Back to the Hotel resort for a well earned rest and lots of water
- 16:00 - Beach circuit training
- 17:00 - Warm down and flexibility circuit
- 18:00 - Dinner
- 19:00 - Team games: tennis and football with a twist
- 21:30 - Bedtime



- 05:30 - Morning wake up call
- 06:00 - Marine fitness training/swimming
- 08:00 – Breakfast
- 09:30 - Boxing and strength training
- 10:30 - Rest and a snack
- 11:00 - Lifestyle/nutrition quiz
- 12:00 – Lunch
- 14:00 - Gym/X training
- 16:30 - Marine corps and upper abdominals beach circuit
- 18:00 – Dinner
- 19:00 - Team games: dodge ball and team tasks
- 20:00 - Mega yoga/Pilates and developmental stretching
- 21:00 - Sleep



Please be advised that this is purely an example; events and activities may vary and are subject to change. The food and snacks available form part of the Fitness 4 whole food calorie controlled diet. Any specific dietary recommendations should be raised at the earliest opportunity; ideally before arrival at the Boot Camp.