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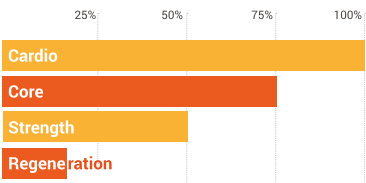
Complete Conditioning

from **BODYCOMPLETE**

The science behind our high-intensity athletic training proves that elite conditioning is attainable. Our expert instructors deliver dynamic HIIT experiences that are intense, challenging and proven to burn calories, ramp up your metabolism and ignite your energy. Let this programme inspire your competitive instinct.

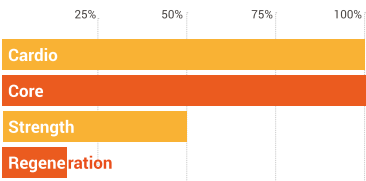
We challenge you to work your body hard through the 4 week programme which gives you a 45 minute session every day.

For best results combine this with our 28 day cleanse and clean nutritional plan, included with the programme.



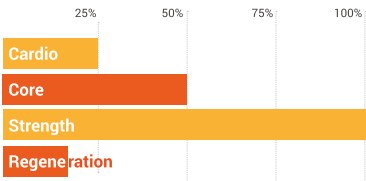
Monday 7am Insanity

You've never spent half an hour like this. Prepare yourself for the next generation of cardio HIIT training, with every second supercharged in a blitz of lightning-fast intervals. Use your body weight and a step bench to blaze your way up and down innovative sequences that will crush your personal best, then switch to actively recover without slowing to a halt. A complete cardio challenge that demands everything you've got and incinerates your goals in thirty flat. Be glad it's not longer.



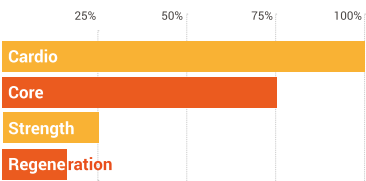
Tuesday 5:30pm Triset Intervals

You don't have to go pro to train like one. Boost your performance and challenge your conditioning, coordination, and range of motion. Go head-to-head in rapid-fire drills on our running track to test your strength and agility. Then unleash your power with a burst of Kettlebell complexes and resistance band systems. Focus your mind on the ultimate boxing-based drills. This is athletic training, redefined.



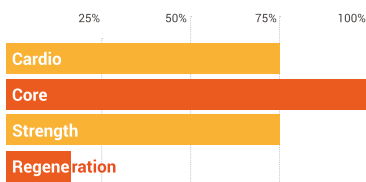
Wednesday 6:30pm Muscle Mania

Build strength, not bulk in a 45-minute team training that brings more weight into our fitness studio than ever before. Unleash greater power in an innovative session that alternates weight lifting with body resistance, mixing moves like ring reverse rows, planks, deadlifts and arm presses to keep you constantly challenged. Test your technique.



Thursday 5:30pm Urban Running

Start taking your stride to new heights in this 45-minute incline based running workout. Improve your cardio fitness and challenge your physical ability across a variety of terrains, powering up hills and recovering on flats.



Friday 6:30pm Metabolic Conditioning

Set your metabolism on over drive, ready for the weekend. This high-intensity metabolic conditioning workout taxes all three energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

£50
for 4 weeks