



ISLAND LIFE STUDIO

BOOTCAMP2 Intensive (Summer '09)

Signups for Trial Session:

	Full Name (fill in caps)	Contact #:	Email contact:	Sign-up date/amount:
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10 week intensive program breakdown.



“A Life Changing Experience that gives REAL RESULTS!”

“A new category of exercise for athletes of all abilities, that leverages one’s own bodyweight and gravity to develop strength, balance, flexibility and joint stability simultaneously.”

“Suspension Training encourages multiplanar training which integrates all your motions and mimics real life movement. This will bring a muscular balance to your body, increasing performance and preventing injuries.”

Our program is designed around the N.A.S.M. P.T. Training Model, T.R.X. Functional Core Fitness & the Navy Seals Training Manual



Weekly breakdown:**

WK1 – Fitness testing, measuring and recording (data collection)

WK2 – Exercise biomechanics, basic functional training 101

WK3 – Core Stability, Functional Movement Challenge

WK4 – Strength & Endurance Functional Exercises

Wk5 – 7 Building Strength, Core, Balance & Agility

Wk 8 – Power training, ploy metrics

Wk 9 – All out effort, ARMY STYLE

Wk 10 – Fitness Testing – Compare results.

Following week – War Games with BootCamp1 Troopers & “Graduation Dinner” (30th August, 2009)*

***Additional charges apply**

****Course contents are subject to change without prior notification; the Island Life Studio reserves the right to refuse to recruit persons who don't fit our fitness/group profile.**

Upon committing to the BOOTCAMP 2:

- 1) Special offers from Bookworm, Just Green & Sun's Candle Collection***
- 2) 1 free trial coupons for you & a friend to try any class of your choice offered on the well-being schedule****
- 3) Requirements for graduation and rewards:**
- 4) You must have at least 80% attendance to graduate BOOTCAMP2.**
- 5) Upon completion, troopers will receive “BOOTCAMP Dog Tags” & T-shirts**
- 6) Upon completion of BOOTCAMP, all new members to the Island Life Studio will be entitled to “member rates” for the proceeding BOOTCAMP, plus 10% off one month membership at the Island Life Studio.**



Recommended extras:

For accelerated results, we recommend personal coaching on nutrition and a tailor made personal workout program for the days between our weekend sessions. Please see the BOOTCAMP coordinator for more details.

***The specials offered from these third parties are subject to change without prior notice and the Island Life Studio has no control over any offers offered.**

****Coupons conditions: Your friend has to be a first time visitor to our programs and the coupon is valid for 1 month upon the start of BootCamp2. This coupon is non-transferrable and only original copies will be accepted.**



Requirements for Participation & Refund Policies:

- 1) All interested parties must complete and satisfy our “Fitness Readiness Questionnaire”**
- 2) All monies are to be paid up-front and in full by 15th June, 2009**
- 3) Refunds will only be granted if a sudden medical / professional or unforeseen personal reason arose – supporting letters will be required to apply for all refunds.**