



Lane Cove Boot Camp

Summer 2011 / 2012

Mon	Tue	Wed	Thu	Fri	Sat
	6:15am Box Fit 45mins		6:15am Fat Burner 45mins	6:15am Fat Burner 45mins	7:30am Fat Burner 60mins
	7:00am Box Fit 45mins		7:00am Fat Burner 45mins		
6:30pm Box Fit 45mins		6:30pm Fat Burner 45mins	6.30pm Fat Burner 45mins		

Box Fit – Boxing For Fitness is a high-energy workout combining boxing techniques with cardio and resistance training. Not only will you increase your cardio endurance it will also improve and condition your entire body.

Fat Burner – Our Fat Burner Circuit combines short burst cardio exercise, with strength and stability training giving you maximum fat burning effect to get you into shape faster. Using lots of equipment like resistance bands, fitness balls, medicine balls weights, kettlebells and lots of other bits & pieces. You will burn fat, tone up and feel amazing!

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