

Ultimate Women's Fitness Glossy

Bodyfit

YOUR PERSONAL FITNESS COACH

FEB 2012 £4.99 www.bodyfitmagazine.co.uk

Shrink it in 3 weeks

FLAT BELLY FAST

YOUR FAST-TRACK PLAN FOR A STREAMLINED STOMACH

Your Best Workout EVER!

GUARANTEED RESULTS

Tweak your routine for amazing results

SUPERCHARGE YOUR SEX LIFE!

199 FITNESS FIXES

- DANCE YOUR WAY TRIM
- FAT-BUSTING BOOT CAMPS
- MATT ROBERTS' STRENGTH MOVES

START RUNNING TODAY!

Training plans and pro advice

Exclusive

KELLY BROOK

THE SECRET TO HER FAB FIGURE

Eat Yourself Fitter

P70



THE BUDGET BOOT CAMP

WHERE? Essex

WHY? Can't afford the time or the money to devote to a week-long fitness holiday, but want to blast excess lbs or simply rev up your workouts? Take to the great outdoors with Essex Boot Camp and push your fitness levels to the limit across scenic parks, woodlands and forests throughout the county. Whether you're a fitness fanatic or just starting out, the sessions cater for everyone, and many of the training methods are used by the Royal Marines themselves.

Each boot camp workout is an hour long and held whatever the weather! What's more, every session is completely different, so your mind and body will be continually challenged. You'll be put through your paces during circuits, boxing, core and strengthening exercises. And, you will also be constantly encouraged by the instructors so you'll never feel left behind the group.

HOW? The first session is free and with lots of membership options, there are packages to suit every budget. Go to essexbootcamp.co.uk to find out more.

BEST FOR: A quick fix

