



★ **WEIGHTS TO GO:** Ricky puts a punter through his paces at the action-packed No1 Bootcamp

Figuring it out in the hills

FITNESS trainer **Ricky Parcell**, 28, from Bridlington, East Yorks, gets people in shape for the beach.

Ricky works at the No1 Bootcamp in the Ibiza hills.

Here holidaymakers can lose up to a stone in a week before showing off their new figure on the beach.

He tells us: "I've been a trainer here for three years and Ibiza is the perfect place to do this because it's a very image-conscious place. People work hard and play hard."

"At No1 Bootcamp you can lose between eight and 14lb in a week, then head out to show off your amazing new body."

"I'm ex-Royal Navy. I loved it but I wanted to see what life was like outside the forces and travel the world."

"It's a fun environment and the workouts make a real difference to people. People can go out in the evening but most people stick the programme and party when they are



finished. Everyone stays in our villa and we're up at 6.30am for a packed-out programme.

"We end each day with a inspirational talk about changing mindset and improving your health."

"Ibiza isn't just about the resorts either. Up in the hills there is some stunning countryside and the sunsets are amazing."

"It feels very magical and it's an ideal place for a retreat if you want to get away from it all."

"I never drink or go out clubbing but I like the chill-out side of things, big day-beds and places to relax."

● **Call 020 8524 3430 or visit no1bootcamp.com**