

The 20 best boot glamping breaks

Who says you have to rough it on a bootcamp? These breaks promise serious results in luxe surroundings



Island idyll: the peaceful side of Ibiza



1 IBIZA'S A-LIST HIDEAWAY

Last time I tried a residential bootcamp, it was hardly glamorous – I spent it in a wet West Country field, covered in mud and sheep poo,' says Zest's Elin Tough. 'This one, set in rural northern Ibiza, couldn't have been more different. But luxurious surroundings aside (think white-washed villa, gorgeous sun terrace and pool) there's a reason celebrities love No. 1 Bootcamp – its undeniable results. We'd start the day with a 7am 2km interval run, followed by a boxing class, mountain hike, CrossFit-style circuit on the beach, and a pool workout. Meals, although strictly portion-controlled, were delicious – salads, homemade meatballs,

salmon and frozen pineapple, which, in the absence of office biscuits, tasted like heaven.

The physical results of all this exercise were fantastic, but there were mental benefits, too. In such an intense environment, where exhaustion, frustration and triumph are all standard emotions, you make really strong friendships with your fellow bootcampers – mine were a mix of lawyers, IT and media people. We lost 55lb between us, but gained a sense that anything is possible when you put your all in. It wasn't just our waistlines that changed during that week.'

FROM £1,395 for seven nights, no1bootcamp.com