



NO1 BOOT CAMP

Client Testimonial

DISCLAIMER: Our testimonials and results are provided by GENUINE individuals experiences with No1 Boot Camp - There are many factors that affect weight loss and fitness results and we can make no guarantee that individuals attending our boot camps will achieve the same results. The views and opinions expressed in the testimonials on this web site are solely those of the clients - These views and opinions do not necessarily represent those of No1 Boot Camp and / or its employees or third party suppliers. Your experience with No1 Boot Camp may be different.

Liz Upton, No1 Ibiza Boot Camp, July 2011

Dear Deena, Ricky, Ben, and all at No.1 Boot Camp,

I am writing to thank you all at No.1 Boot Camp for the fantastic week in Ibiza from 23-30 July.

Despite the hard work and aching muscles(!), I had a wonderful time on the boot camp, not only because of our lovely group ("the fantastic 5"), but also largely due to your excellent team – Ricky, Ben, Deena, yoga instructor Susie, and all those involved in our week at the villa.

First of all, I would like to praise Ricky for his fantastic work at training us! He was friendly, chatty, and a lot of fun, but always very professional and took his role very seriously. He made the workouts extremely varied and therefore kept our interest up, and he did a great job of motivating us and helping us push ourselves further than we ever could have done without him! He was tough, but very fair, extremely encouraging and inspiring, and I appreciated all the information he gave us on exercise, nutrition, and general wellbeing.

Secondly, I have to say a big thank you to Ben, who is a fantastic addition to your team. Every single meal/snack he prepared was delicious, fresh, and beautifully presented. He was also a lovely presence to have at the villa - very friendly and always enthusiastic.

Finally, a big thank you to Deena who oversaw our week and was always on hand for reassurance, advice, praise, and a good chat! Thanks for organising our final meal at Bambuddha Grove, and for my birthday present and celebratory jelly complete with candle!

All in all, I never expected to have such a great time at the boot camp. I knew that it would be worth it for the results, but I didn't expect to have so much fun, and I found the whole experience to be amazingly positive.

I will definitely recommend it to friends, and in fact I have a group of motivated girlfriends who are keen to give it a try, so I may be back!

Please pass on my best wishes to all members of the team, and may I congratulate you on your excellent and professional crew.

With many thanks and all best wishes,

Liz