



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.

Victoria Baker Smith, No1 Ibiza Boot Camp, July 2011

I chose No.1 Boot Camp firstly because I wanted to get fitter and get away from the mundane being at home, no time for me, three children routine. In truth, I was a bit lost and unhappy.

The beautiful villa is situated just moments away from a funky little beach on the northern coast of Ibiza. From the moment you arrive, a friendly and greeting smile awaits but this soon changes as the following day the serious work begins!!

With what seems like a myriad of exercises to follow, from military style circuits on the beach, (beats being in gym), hill running, trx, fartlek programmes, tabata training, the bloody hamstring killer stair climb, boxing one two hook/upper cuts, core and ab workouts, trekking along the spectacular coastal paths with the stunning scenery on offer, your body is pushed to the very limit by the most professional and yet caring of staff.

This place will stretch you and excel you, both physically and mentally. Most certainly, you will laugh and make good friends in the duration and leave with a fat big smile on your face. You will of course look better, feel fitter and shed a few pounds, (I lost over half a stone in a week). There will be some truly dodgy 80's singing by Ricky the course instructor, so best pack some ear plugs when you can't take anymore or simply join in. (Check out his moves).

Furthermore, do not expect 5 star luxury and relentless pampering, if you want that then book a spa and you'll look pretty. Trust me, you will feel fabulous, exhausted and at the same time exhilarated. Under the experienced team guidance, you will push the boundaries that the body can physically achieve and you will feel great.

The food is expertly managed by a leading team of talented chefs who have devised a nutritious and delicious well balanced menu.

With huge thanks to Karen, Ricky, Ben and Kate for making me live, laugh and love. Best week of my life! Oh God I'm crying now!!!!!!

Victoria Baker Smith x

PS: Just do it!!