



## Peak XV Fitness Residential Boot Camp

**Who Else Wants to Spend Three Days Getting Leaner and Lighter with Two Fitness Experts Whilst Enjoying the Facilities of One of the UK's Top National Sports Centres?**



**May 25<sup>th</sup> to May 27<sup>th</sup> 2012**

**In this short guide you'll find all the information you need about our upcoming Residential Boot Camp at Bisham Abbey.**

**We hope this information will allow you to make an informed decision to join us in May and be one of a small group of clients that we work with for 3 days to optimise your health and your fitness and give you the knowledge to get 10 times the results you're currently getting from your fitness programme.**

Here's what you'll get:

- 2 Nights Accommodation
- All Meals for 3 Days (Nutritionist Designed)
- 3-4 Awesome Workouts per Day
- In Depth Body Composition Analysis
- Personalised Dietary and Supplement Programme
- Informative Lectures
- Flexibility and Relaxation Sessions
- Lots of Fun

### **Location**

Bisham Abbey, a beautiful 12<sup>th</sup> Century Abbey in Marlow set in the heart of Berkshire, sits in stunning grounds on the banks of the River Thames. It is just 30 miles from London and 19 miles away from Reading.

The Abbey itself once home to Henry VIII and Elizabeth I is now home to a number of National Governing Bodies of Sport as well as being a unique venue for weddings, conferences, corporate events and of course outdoor fitness boot camps!

Today Bisham Abbey is one of Sport England's National Sports Centres providing world-class facilities to Britain's leading sports men and women, some of which you will have access to on our residential boot camp.

### **Fitness Facilities**

Besides the activities that will be provided by PeakXVfitness Bisham Abbey is also home to a range of world class sporting facilities that you may use in your down time including:



- State of the art gym
- 2 squash courts (booking may be required)
- 4 indoor tennis courts (booking may be required)
- 4 outdoor clay tennis courts (booking may be required)
- 4 outdoor acrylic tennis courts (booking may be required)
- 9 hole golf course (booking and course fee may be required)
- Sauna and steam room
- Indoor and outdoor changing facilities

\*Booking golf, tennis and squash courts may be necessary, rackets can be hired, but golf may require clubs and additional tee off fees.

The Abbey also has a number of unique amenities at your disposal:

- Meeting and conferencing rooms
- Beautiful oak panel dining room
- Lawns for outdoor fitness sessions
- En-suite bedrooms
- Costa Coffee on site

## Accommodation



Bisham Abbey offers incredible value for money bed and breakfast accommodation in the beautiful Buckinghamshire countryside just outside Marlow.

Each bedroom has a television and complimentary tea and coffee making facilities. Three rooms have been specially adapted for disabled guests. Wireless internet access is also available in the Abbey for resident guests and use of the gym is free during your stay.

Marlow town centre a short walk away for local shops, bars and restaurants.

## **Meals**



Meals are included in your stay at Bisham Abbey and a host of breakfast, lunch and dinner options are served in the beautiful dining room,

- Breakfasts include cereals, eggs, “grill up”, fruit and yoghurt
- Lunch and dinner includes soups, salads, fish, meats and vegetables
- Snacks and water are provided

\*Please contact us if you have special nutritional needs.

**What do we have planned for you – well, here is a provisional timetable. As you will see it’s pretty action packed.**

## Timetable

| Friday   | Saturday                       | Sunday                                  |
|--|--------------------------------|---|
|  | 8:00 Breakfast                 | 8:00 Breakfast                          |
| 9:00 Welcome and induction.  | 8:30 Morning walk              | 8:30 Morning walk                       |
| 9:30 Starting measurements   | 9:00 Diet and weight loss talk | 9:00 Exercise for weight loss talk      |
| 10:30 Workout  | 10:00 Workout                  | 10:00 Workout                           |
| 11:30 Bio signature talk   | 11:00 Stretch and down time    | 11:00 Stretch and down time             |
| 12:30 Lunch  | 12:30 Lunch                    | 12:30 Lunch                             |
| 1:30 Workout   | 1:30 Workout                   | 1:30 Workout                            |
| 2:30 Goal setting, taking measurements and charting your progress talk | 2:30 Blood sugar balance talk  | 2:30 Snacks, sleep and supplements talk |
| 3:30 Workout   | 3:30 Workout                   | 3:30 Workout                            |
| 4:30 Stretching  | 4:30 Stretching                | 4:30 Stretching                         |
| 5:00 Down time   | 5:00 Down time                 | 5:00 Leave                              |
| 6:00 Dinner  | 6:00 Dinner                    |   |

## **What to Expect Over the Weekend:**

On arrival we will establish your own personal BioSignature, through the weekend you will find out what this means, what hormones are out of balance and how to address these issues to lose weight and regain or maintain your health and fitness.

Each fun filled day will consist of:

- 3 hard workouts a day using a range of workouts designed by Chris and Steve such as kettle bells, medicine balls and bands; core stability; boxing; energy systems workouts; strongman training; no equipment workouts and workouts in the gym.
- Lectures on topics such as weight loss, blood sugar management; how to make quick and healthy meals; how to sleep better; what supplements to take; goal setting and measuring your progress; establishing your BioSignature plan and the truths and myths about diets and weight loss protocols.
- Healthy and nutritious breakfast, lunch and dinner designed by a nutritional therapist.
- Down time to relax, sleep, play tennis or golf, or sit in Costa.
- End of day stretching and warm down.

Although it is only a 3 day residential bootcamp our can expect to lose weight and tone up during your stay with us, but what you will really gain is the knowledge and inspiration of how to eat and train to get the body of your dreams.

## **Directions**

Bisham Abbey National Sports Centre  
Bisham Village  
Marlow Road  
Bisham  
Marlow  
SL7 1RR

## **What to Bring**

Indoors and outdoors running shoes  
Towels  
Wet and dry training kit  
Rain jacket  
Pilates mat  
Water bottle

## **Contact Details**

Steve Hines 07732 952 292 [steve@peakxvfitness.com](mailto:steve@peakxvfitness.com)

Chris Hines 07879 646 969 [chris@peakxvfitness.com](mailto:chris@peakxvfitness.com)

## **Investment**

**Most residential boot camps we've researched charge around £200 per day and don't include the cutting edge nutritional and exercise techniques we're employing (the Biosignature Modulation is worth £200 alone!). Based on this we could easily charge £600 for the full three days. But as this is our first course and we're only offering it to our valued customers and newsletter subscribers first the EARLY BIRD price is only £337 if you book before April 30<sup>th</sup>. After that date it goes up by £100 and we'll also open it up to the general public.**

If you want to take advantage of this fantastic offer then we'll need an £87 deposit to secure your room at Bisham Abbey. Simply go to the bottom of our web page [www.peakxvfitness.com/bootcamps-london](http://www.peakxvfitness.com/bootcamps-london) and pay your £87 through our Paypal system. Alternatively you can e-mail us and request to pay by cheque to secure your place.

Drop us a line at [chris@peakxvfitness.com](mailto:chris@peakxvfitness.com)

**We expect this course to fill out very quick (in fact four places are gone already) so don't miss out on the chance to be our private clients for a weekend. If you're free May 25<sup>th</sup>-27<sup>th</sup> then come and join us for what will be an amazing weekend.**

**Remember after 30<sup>th</sup> April the £337 price tag goes up by £100.**

## About Us



Steve is a highly sought after health and fitness expert. Steve is a registered nutritional therapist, a chartered physiotherapist and a strength training coach. Steve currently works as a physical performance specialist for Fulham FC, maintains a small physiotherapy client base in Balham and practices nutritional therapy privately in Wandsworth, South West London.



Chris has been actively involved in the fitness industry for over 17 years. Upon graduating from the prestigious Loughborough University with a degree in Sports Science he has pursued a career as a personal training and outdoor fitness bootcamp entrepreneur. He currently provides weight loss and personal training services to clients in The City of London as well as expanding his boot camp business.



## Testimonials

When you put in to practice what you will learn on this residential bootcamp we guarantee you will get results like this...

"I've lost half a stone and 4% body fat, it's the lightest I've been for 9 years and I'm fitting in to clothes that I haven't worn for years. I feel really good about how I look"

AK, 48 from London



"On the 6th of April I was 58kg, 20.8% body fat, 32 inch waist and 39 inch hips. In 12 weeks I have dropped 7kg, 5% body fat, 4 inches off my tummy and 3 inches off my hips."

VM, 25 from London

