

Full Bottle Fitness Services
Personal Training, Fitness Boot Camps, Metafit,
Boxercise, Loaded Marching & Endurance Events

Ring Full Bottle Fitness Today!

Why not take advantage of the Full Bottle Fitness FREE consultation? We will test your fitness levels and work with you to understand your goals and requirements? We provide a Health and Fitness check. We will also check your nutrition and diet by reviewing your food and drink habits. Get ready to change your life – together we can.

Try the FREE Fitness Assessment - call us today?

Personal Training - A Personal Trainer ensures that you maximise the benefits of every workout by motivating you and pushing you beyond your previous boundaries. This is where you see the results. Personal Training is health and fitness training that is tailored for each individual person. Before any program starts we will discuss in your free consultation what your goals are, what exercise you have done in the past, how much time you have, your nutrition and dietary needs and goals and any health issues you currently have. We are able to provide training programs for people with the most common health conditions such as lower back pain and returning to sport after an injury. You will then receive a carefully tailored program that you can follow. You can exercise with confidence. We will supply all the equipment and make sure every session is challenging and interesting. Full Bottle Fitness guarantee you will get the most from your workout by training with a Personal Trainer, from correct form to effective use of the fitness equipment — practical skills you can use in and outside. We mix in different fitness styles to offer a unique programme for you. Please ensure your Personal Trainer is full dedicated to their profession and have the appropriate accreditations and insurance cover. Full Bottle Fitness check the credentials of all our trainers. Our Personal Trainers have formal training from MetaFit and Boxercise.

Fitness Boot Camps & HIIT- The HIIT (High Intensity Interval Training) Fitness Boot Camp is a great way of getting fit. Boot camp sessions integrate the four main essentials to getting in the best shape – Cardio, Core, Resistance, and Flexibility all in 30 – 40 minutes. This HIIT training

style targets all body parts at once through dynamic movements at different intervals. In 30- 40 minutes you'll work up a sweat, burn fat and keep your body in the fat burning zone well after your workout. Simply perfect when you're pressed for time. Full Bottle Fitness split the boot camp sessions into Upper Body, Core, All over body blast, Legs and Endurance.

MetaFit - The Metafit™ is the original 30 minute, non-choreographed, bodyweight only HIIT workout. Created by a former Royal Marine Commando, Metafit combines the latest HIIT training techniques with traditional 'Old school' bodyweight exercises to set the metabolism on fire! All intervals and commands are supported by the Full Bottle Fitness instructor who will ensure you are using the right techniques. Metafit can be used for group classes or Personal Training.

Boxercise - Boxercise™ combines boxing and exercise in great fun, stress busting activity to suit everybody who wants to enjoy boxing training without getting hit!! There are over 1.2 million people in the UK taking Boxercise classes or doing Boxercise with Personal Trainers. Boxercise is one of the most effective forms of cross training available. It combines use of both aerobic and anaerobic energy systems with the systematic recruitment of both fast and slow twitch muscle fibres in a manner that ensures a diverse workout, but also enhances sports specific senses, including hand eye co-ordination, balance and timing. Boxercise classes are fun and addictive. Boxercise can be used for group classes or Personal Training.

Loaded Marching - The Loaded March is a common element and core skill for most modern military forces and Team Full Bottle Fitness. Loaded March training in a responsible and an integrated way to keep fit and prevent injuries and the optimal preparation of military personnel for operations. Full Bottle Fitness use the Loaded March to keep our clients trim and ready for anything that a weekend can throw at them. We provide the weights and our clients provide the enthusiasm and grit, these are great sessions held at Rowney Warren every Saturday at 8am.

Endurance & Charity Events – We organise a number of events during the year. The events are aimed at giving our members targets and goals to aim for. We attend endurance events and charity events that support our charity partner.

- **One True Grit** - For the past 2 years we have sent teams to One True Grit events. These are 10K muddy obstacle events. Will you be in the next team representing Team Full Bottle Fitness?
- **10K Running Races** - We encourage our members to aim towards a 10K running race. This distance shows a great level of fitness and endurance but is unlikely to cause injury or burn out.
- **East Anglian Air Ambulance** – We encourage our members to support our charity partner. EAAA hold several social and fitness related events every year. We ask our members to support our partner, but this is not exclusive. Members do support multiple charities at our events.
- **Weekends** – We organise two weekends away for our members. These events are social but also encourage our members to be active and train before the event. Weekend events have included The Three Peaks of Yorkshire, Mount Snowdon climb and walking the Welsh coastal path.

Whatever your fitness level, our Personal Trainers and Fitness Experts will focus your fitness and training to work with your schedule, abilities, interests and lifestyle. We have highly qualified experts who specialise in all areas of fitness including weight loss, injury rehabilitation, sports training, core and strength training. Our Personal Trainers can train you in the comfort of your own home or outside in the great British outdoors. For more information about the personal trainers contact info@fullbottlefitness.co.uk.

Get ready to change your life by contacting info@fullbottlefitness.co.uk or call Tina on 07952 648682 for a confidential chat. We recognise that your training is a personal choice. Ring us today to find out what options you have with Full Bottle Fitness.

Get Fit, Stay Fit & Have Fun with Full Bottle Fitness. Be Full Bottle Happy.