

BOOT CAMP

The person from your company who sent you this email would like you to join them in the Boot Camp they are arranging for everyone. There is a minimum number of people required in a Boot Camp so **don't let them down!**

At Executive Results Boot Camps are our specialty. We motivate and push our participants to "their" limits not ours or anybody else's.

Boot Camps are designed to give you maximum results in a short period of time, whether that maybe increasing fitness, losing weight, having more energy, reducing stress etc...

We focus on team building fun and fitness, for all ages and walks of life.

"Great session on Tuesday – I was totally smashed and my legs are still ridiculously sore. It's great for the session to always be changing, and continuing to be super challenging. See you next week." - Paula

"I have to say I get more results with you than the gym, I'm only doing the gym for strengthening." - Carlos

"Yourself and Shannon have been excellent. When I think I'm done, you guys keep me going. Thank-you." - Sandra

Visit www.executiveresults.com.au for more information, photos and testimonials or call Anna on 0417 093 806 with any questions you might have.

