

DURATION
60 minutes

EXERCISE TYPE
All over body
conditioning military
styled workout

INTENSITY
Moderate — high
(ability level graded)

EQUIPMENT
You, your body
and mind



GET STARTED NOW WITH A
**FREE TRIAL
SESSION**

**READY TO DO
BATTLE WITH
YOUR BODY
AND MIND?**



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Training provider of choice for the
Commando Fit Instructional team.





BELIEVE TO ACHIEVE

Based on military training principles this programme is the ultimate way to get a fit and firm body with all over body strength and a more efficient cardio vascular system. This programme will leave you feeling energized and alive and wanting more. **Simply put — it's addictive.**

Like all Commando Fit classes you will go through a different workout everytime to keep your motivation high and boredom at bay. There are no moves to learn — just effective exercise and movement patterns to get the most out of yourself. At Commando Fit we get you to believe in yourself. In fact our motto **'BELIEVE TO ACHIEVE'** was inspired by you our clients who never fail to amaze us.

WHAT WILL COMMANDO FIT DO FOR ME?

- Give you an efficient 60 minute workout
- A graded workout that challenges you physically and mentally
- Firms and conditions all the body
- Improves functional strength to do everyday things
- Gives a better understanding of how to exercise without any fancy equipment. Military personnel DO NOT train in gyms.

DESCRIBE A TYPICAL CLASS

60 minutes of Commando Fit is all you need to get an effective workout that will continue burning calories long after you finish the class. The class targets every major muscle group and burns in excess of 600 calories and increases your metabolism over time to ensure you not only get fit but move towards your ideal weight too.

WARM UP — raises the heart rate and gets those muscles working right from the start.

BODY WEIGHT EXERCISES — keep the calorie burn going whilst conditioning the muscles to the stresses of exercise.

PARTNER EXERCISES — allow you to know you are not on your own and that everyone is working just as hard and supporting you through-out the session.

CARDIO BURN gets the heart rate high and maintains it there for as long as is needed before the recovery period to allow active recovery.

CORE STRENGTH — works that all important central pillar to ensure you condition those muscles on firm foundations.

RUNNING — tempo, fartlek, interval, speed, threshold. We use all manner of methods to get you faster and fitter. Don't worry if you can't run though as a power walk will achieve our objectives.

TEAM EFFORT —allows you to be part of something unique and give that military ethos a healthy dose of 'in it together'.

POWER AND BEST EFFORT — allows you to push yourself out of your comfort zone; overload. This is when the magic works.

COOL DOWN — Well done, you've just achieved something magic. Time to start that stretching and recovery process... until, next time. Don't forget to replenish your reserves.

FAQs

HOW FIT DO I NEED TO BE?

Commando Fit instructors work with every ability level and the classes are graded to allow everyone to benefit. All exercisers are supportive to the group. No lycra-clad prima donnas at Commando Fit.

WHAT RESULTS WILL I SEE?

MONTH 1: Within around 3-4 sessions and beyond your body will start to change physiologically with improvements in your cardio-respiratory system and weight loss.

MONTH 2: After a month there will be external visible changes with toning taking place as you lose weight and your metabolic rate will increase to enhance your fitness levels.

MONTH 3: You will have improvements in your physiological and now psychological development and will be feeling more confident to tackle anything. Consider taking a challenge and surpassing your expectations.

WHAT DO I NEED TO BRING?

Just yourself. Your car keys are collected and remain with the instructors at all times. You will be hydrated as part of the class but ensure you drink throughout the day.

WHAT ABOUT INCLEMENT WEATHER?

There is no such thing as 'bad weather' just bad dressing. Commando Fit classes run all year round whatever the weather. It's a state of mind more than anything else so no excuses.

HOW MUCH DOES IT COST?

Your first session is FREE and there are no hard sales. Should you want to return there are various payment options available explained on the website.

IS THERE A MEMBERSHIP FEE?

NO. All we ask is that you view it as a minimum three month process. Read the terms and conditions before signing and results will be quick.

SO WHAT'S NEXT?

Go commando and book a FREE trial today at www.commandofit.co.uk