



BOOTCAMP OUTDOORS! The Real Deal - Cheryle Milligan

ATTENTION all Group Fitness Instructors and Personal Trainers!

Bootcamp training has it all. Cardio work, resistance training, core strengthening, partner work and team building, all designed to give the participant the workout they strive to achieve.

Enlist with Cheryle in this outdoor Masterclass and learn why this type of workout has become a popular training program. Bootcamp training is for anyone wanting to get fit, tone up, lose weight and have fun along the way.

This workshop / masterclass is packed full of ideas you can take away. Learn how to set up circuits doing body weight exercises, games using a soccer ball and loads of safe exercises without a single "Burpee". Bootcamp is suitable for any fitness level. In some of the exercises you will use actual army equipment including ammo tins, camo net, ropes, stretchers and army webbing. If you have never participated or instructed a Bootcamp session before, come along to see what everyone is talking about. You won't be disappointed.

You will be supplied with notes giving you loads of exercises and ideas to create your own style of Bootcamp.

Cheryle has worked in the fitness industry for 24 years in various roles including Aerobics and gym Instructor, Personal Trainer and Nutritional Therapist. She has owned and managed several fitness centres, as well as having a successful presenting career both in Victoria and interstate, and has presented at the Masterblaster Convention for 6 years.

She has also appeared in videos for Powerbar in America and has written articles for The Women's Health & Fitness magazine. Since 2006 Cheryle has operated her own business called FitnessNRG Personal Training.



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