

# Your 1<sup>st</sup> Session



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Hi,  
Thanks for booking your place on our Boot Camp, you will find all the information you need for your 1<sup>st</sup> session below.

## What to expect at your 1<sup>st</sup> session...

The session will be approximately 45 minutes in length. The sessions are designed to be able to accommodate people of all fitness levels.

## When you arrive...

When you arrive you will be handed your folder which you will use to keep track of all the exercise you do. The idea of our Boot Camp is that you are always trying to make progress so each week the aim is to beat your scores from the previous week. You're competing only with yourself, not other people.

## The exercise...

There are 3 parts to the session. A warm up, a cardio portion and a resistance portion. The sessions are set up in a circuit style and you work your way around the different stations tracking your progress using your folder.

There will be a trainer and some experienced Boot Campers on hand to make sure you know exactly what you are doing.



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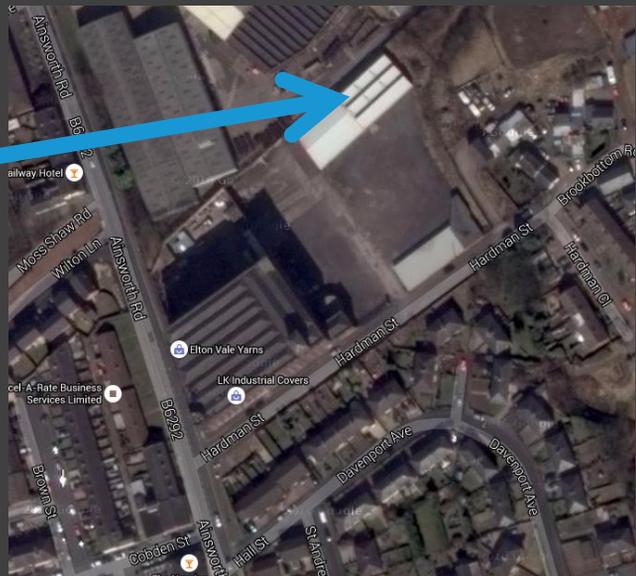
## On the day...

## What to wear...

We suggest you wear comfortable footwear and clothing which is easy to move around in. Wearing a couple of layers is a good idea meaning you can remove a layer once you start to warm up and replace layers when you cool down.

## How to find the Durable Fitness Gym...

### Durable Fitness Gym



The gym is located at Constellation Mill on Ainsworth Rd, Radcliffe. The postcode is M26 4AD. If you are travelling away from Radcliffe you need to turn right before the mill onto Hardman St, then turn left through the blue gates which takes you into the yard. The unit is located diagonally to the right and has a sign outside the door. If you need more detailed directions you can search "Durable Fitness" on Google.