

Midlands leading Boot Camp has local ladies feeling fantastic about their results!

KICK-START

**BOOT
CAMP**

TRAINING

Claim your **FREE** trial week at
Kick Start Boot Camp **TODAY!**

Do you want to learn the secrets
and get amazing results like this...?



PAM BROWNING

I used to have poor core stability and was generally a bit wobbly after having 2 children!! Within 1 month of starting KSBC as well as the nutrition plan, I had lost 10lbs and had so much energy, just what I needed as a working mum of 2. I have previously tried pilates, yoga and exercise classes at the gym, but i never got the results that i wanted.

I recently completed a Tough Mudder (12 mile assault course) for charity; I would not have been able to do this without the training, support and advice from KSBC.

Best of all, it's a great group of people and we have lots of fun. :-)

- ✓ Exercise correctly burning more calories, giving you more energy and time to do other things
- ✓ Free 7 day meal planner with 15 tried and tested delicious dishes to guide you through your free week
- ✓ Learn how to realistically eat healthy without having to sacrifice too much
- ✓ Tone up, lose weight and feel confident when you get back the real YOU and learn how to stay that way!
- ✓ Wear the clothes that you REALLY want to wear because you LOOK GREAT in them!

To see what our current members have achieved in their 7 day FREE Trial
Kick Start Boot Camp visit www.freetrialweek.net

WWW.FREETRIALWEEK.NET



ALICE MIR AZZONI

I have never had such extreme results in such a short burst of exercise as with Kevin's KSBC, he uses the most simple but core working routines that really work all areas. Going to KSBC is a complete package, top quality exercises, researched and knowledgeable advice, great fun and loads of friendly motivational people. What I love about KSBC is the outdoor setting and perfectly organised and through out exercises. I no longer try foolish or expensive diets but instead eat healthy regular meals.



ZOE MAC

It's been 3 weeks and I feel amazing not only have I lost inches and look slimmer my fitness levels and energy have gone up and I feel so healthy. I know I would not have been able to come this far without the on-going support and advice of KSBC trainers. I can't wait to feel amazing in my wedding dress.



LACEY COLDER

After my first session I walked away absolutely buzzing off how great I felt. I have previously joined gyms and attended classes but never enjoyed them anywhere near as much as KSBC. My measurements are continuing to get smaller as my jeans get looser. My entire body has toned up and I've never felt so fit and healthy. I have more energy and motivation than ever! I recommend it to anyone and everyone to give it a go, the results are worth it.

Well I've learnt something about myself...I actually enjoy exercise! For years I've paid membership at gyms and basically wasted my money. I've realised I am an outside exercise girl. I'm improving my stamina and feeling better than ever in myself.



JANET ALEXANDER-HALL



ANNA MUNRO

I can honestly say that since starting, I have never felt better, fitter or stronger than I do now. It's a testament to the team that people notice how well I look and how much energy and motivation I have. What is most fantastic though is that it doesn't matter what your fitness level is to start with (my mum came and she's 65!!), everyone works at their own level and the most amazing thing is progression in people who have just started out.