



FARRELL'S
BODYFIT BOOTCAMP
'TOUGH BUT FUN'

KIT LIST

YOUR BODY NEEDS YOU!



Recommended Kit List

During periods of dark mornings and harsh weather conditions we will make use of the on-site indoor facilities where available. However, we do recommend to be prepared for all weather conditions, particularly during the winter season.

Here's what we suggest:

Clothing layers - that can easily be put on or taken off as you warm up and cool down

Weather proof top - for wind / rain shelter that can easily be tucked away when not required

Plastic water bottle

Ruck Sack - small

Towel - small

Running Shoes

"You really can't beat exercising in the great Leicestershire outdoors! Prepare to be energised!"

**IF YOU HAVE
ANY QUESTIONS
PLEASE ASK YOUR INSTRUCTOR**

BODYFIT BOOTCAMP Office: 8 Southside Road, Leicester LE3 2YZ t: 07876 658628 e: dane@bodyfitbootcamp.com

WWW.BODYFITBOOTCAMP.COM
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