



XRANGE

Xtreme outdoor workouts

An outdoor challenge for anyone looking to push themselves to the limit...

Research has long been showing that short high intensity training can be more effective than prolonged lower intensity workouts.

So in any weather, place or time, we are going to push you and push you hard!

30 minutes of high intensity, fun and results!

Who is it for?

- Anyone looking for a fresh workout
- People needing to be pushed into improving their strength and fitness
- Individuals who play sport and require an injection of extra strength and conditioning

Although it is group fitness, you will only be competing against yourself, so anybody who is healthy and injury free can participate in the workout.

XRANGE can push the beginner and the elite athlete to their limits!

Just £10 per session **How will you spend your Saturday?** 