

## **STRONGFIT BOOTCAMPS**

All fitness levels and disciplines are welcome - from beginners to experts, Strongfit can be customized to your specific goals and needs. You will start off by doing Level 1 camps and then as you progress you will move onto Level 2 and so on.

The Strongfit Bootcamp is taught by STRONGFIT Certified Master Coaches and will be led by Haley Randall who is a University of Windsor Law School Graduate, Ontario Lawyer, World Champion Powerlifter, Currently the 8<sup>th</sup> World's Strongest Woman, and she has the World Record Axle deadlift and is considered the best Raw Deadlifter in history.

Now what exactly is STRONGFIT?

Strongfit is an innovative training system with a champion's pedigree. It was derived from and refined by two 4x World's Strongest Men Magnus Ver Magnússon, and Jon Pall Sigmarsson.

Strongfit takes fundamental movements of strength training and couples them with components of athletic explosiveness and muscle endurance.

It is designed to build a foundation of full body strength and skeletal support while generating explosiveness and agility.

Strongfit is a disciplined approach to athletic training and mental and physical awareness.

It is designed to provide a perfect training foundation for all sports, athletic training and healthy lifestyles.

The Strongfit Mission: To promote strength and fitness through a tried and proven Icelandic training system. To empower, support and grow the Strongfit community of gyms, athletes and trainers. To inspire a personal journey of success through Strongfit.

### Level 1:

- Weekly Bootcamps (Pick Any 2 Days A Week) – 8 Week Individual Program
- Workouts are 1 focused on upper body barbell movements, 1 focused on lower body barbell movements) - Video Tutorials of the Program and Movements - Meal Plan - Supplement Plan - Consultations for Goals and Progress
- Use of Elite Strength Academy gym
- Walkthrough of the full program on Day 1 - Support Group System
- Testing to Level Up

### Level 2:

- Weekly Bootcamps (Pick Any 2 Days A Week)
- 8 Week Individual Program
- Video Tutorials of the Program and Movements - Meal Plan (Starting to build off of your current one as needed) - Supplement Plan (Starting to build off of your current one as needed) - Consultations for Goals and Progress
- Use of Elite Strength Academy
- Support Group System - Testing to Level Up

All Bootcamps start when your ready and can be done anytime from Monday to Friday 9am – 9pm.

**Cost is \$199. For an 8-week block**

With limited spots available for each level, register early to lock in on your spot! Message us with inquiries and to reserve your spot now - join the family, don't miss out

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