



Congratulations on signing up to the New 2010 Matt Ibbs Boot Camp Program.

This year will see some major changes to the boot camp which will continue to see client across Liverpool achieve MORE results.

One of the major changes so far is the introduction of an 11 month continuous boot camp program. Places will still be limited and once the camp has sold out that will be it. BUT this does offer you the opportunity to have a full year's boot camp program under the guidance of fully qualified personal trainers.

We will be running 5 classes per week.

THE BOOT CAMP STARTS: MONDAY JANUARY 4th 2010

Days and Times

Monday	10.00am – 10.45am 6.30pm – 7.30pm
Wednesday	6.30pm – 7.30pm
Thursday	10.00am – 10.45am
Friday	6.15pm – 7.15pm

When you have joined up to the boot camp you are able to attend ANY or ALL of the classes per week. Add this to your personalised nutritional plan and your boot camp manual you will be set for your biggest and most rewarding year in health and fitness.

Your New Manual and Downloads

Another introduction to the 2010 boot camps is our Manual and Downloads. This 'secret' internet page will have all the information needed to get you to your 2010 fitness and weight loss goals. Throughout the boot camp we will also be working through the manual and assessment sheets and you can use your personal manual as a guide throughout the program.

There really is no other boot camp in Liverpool that provides their clients with so much. This is why we call it; Semi-Private Personal Training.

This really is the closest thing you are going to get to our personal training product.

Directions

The boot camp is held at the same location in Sefton Park opposite the Alicia Hotel on Aigburth Drive.

What to Bring

- Trainers or cross country running shoes
- Warm gym wear
- Towel (if needed!)
- At least 1 litre of water
- Towel for the inside of the car if you're too muddy!
- **Print out the forms below and complete the medical, waiver and free trial form**

Any Problems

If you have any problems or concerns please do not hesitate to contact myself or Dean.

Matt: 07917866702 or EMAIL: info@mattibbs.com

Dean: 07809474278



1 WEEK FREE TRIAL WORKOUT PASS

WE ARE SO CONFIDENT IN OUR BOOT CAMP PROGRAM AND THE RESULTS YOU WILL ACHIEVE PLEASE SIGN UP BELOW AND BRING THIS FORM WITH YOU FOR YOUR 1 WEEK FREE TRIAL.....

Name	Email	Contact No'	Sign Up



Boot Camp Waiver Form

I confirm that I am physically fit and I assume responsibility and will take reasonable care for my own safety.

I agree that I will have no remedy by action for injuries received in the course of the boot camp unless caused by some foul play and that Matt Ibbs Personal Training Services Ltd, its employees, servants or agents assumes no responsibility for my safety and owes me no duty to take care for my safety during the boot camp sessions.

Name:.....

Signed:.....

Date:.....

Medical Questionnaire

Name:.....Date of Birth:.....

Address:.....

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Contact Number:.....

Person To Contact in Emergency:.....Contact Number:.....

Email Address:.....

Date of Last Medical:.....

Are you currently taking any medication? **Y/N**
(if yes give details)

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Have you had, or currently have any injuries or illnesses? **Y/N**
(if yes give details)

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If there is anything else you feel we should know or that may affect you ability to exercise
please list below:

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Name:.....

Date:.....

Signature:.....