



Canberra Boot Camp

Presented by Gavin Stone Personal Training

The Canberra Boot Camp is an outdoor based fitness program developed by leading Canberra personal trainer Gavin Stone.

The basis of the Canberra Boot Camp is a series of unique exercises away from the gym atmosphere, utilizing the appropriate elements of the Stone Training System. This style of training is very much the original form of fitness training, when people trained with purpose, and with the intention of achieving results.

Boot Camps offered by fitness service providers have become very popular over the past few years, however the fact is many programs lack substance, and are subsequently outdoor fitness classes.



Many programs also don't follow the important principles of progressive overload- where a variable must be altered over time for the body to make adaptations. And more significantly there has been a theory of thought that Boot Camps are about pushing participants beyond physical and mental limitations with yelling and shouting from instructors; which is irresponsible, unprofessional and can mentally- if not physically - hurt participant's wellbeing.

The name Boot Camp is derived from Defence Force military fitness programs and old school boxing training camps such as Big Bear. These are programs which prepare soldiers and prize fighters for battle. These Boot Camps were strategically designed to achieve results, not hype.

The Canberra Boot Camp is designed on these same solid principles in that participants work on different variables of fitness in a controlled fashion. Canberra Boot Camp also includes Muay Thai boxing fitness in which training sessions based on those of partner K.R.S. Gym in Thailand- with Gavin Stone having experienced this training first hand. Additionally at Canberra Boot Camp the appropriate progressive overload is applied, where either the variable of frequency, intensity, time or type is changed to stimulate the body into making adaptations.

The Canberra Boot Camp primarily works through four types of training styles of the Stone Training System: Underground Training, Boxing Muay Thai boxing fitness and Roadwork. Supplementary training styles from the Stone Training System are also strategically included.



Canberra Boot Camp provides the following benefits to participants:

- Increase in cross-variables of fitness (cardiovascular, strength, endurance, reaction time, agility, flexibility etc)
- Weight loss
- Improved self esteem & confidence
- Improved self discipline
- Increased training knowledge
- Team work

Programs are available for:

- General public through seasonal scheduled Boot Camp programs
- Private groups
- Corporate organisations
- Government organisations
- Sporting teams

Staff

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Boot Camp FAQ

Q. I have not previously or recently completed much training, and I am concerned my fitness level will not handle your program. Will I be able to cope?

A. Our program is specifically designed and applied through individual session plans to cater for all levels of fitness. You will be able to work at a pace that will allow you to achieve results, whether it is high performance or for general fitness improvement.

Q. I have tried other Boot Camps in Canberra, why is yours different?

A. Canberra Boot Camp is superior in that training and therefore your results is our number one priority. Additionally head trainer Gavin Stone has researched traditional training methods at traditional Thailand Muay Thai camp, which forms a base for sessions in the Canberra Boot Camp program. Canberra Boot Camp also takes a personal approach with Gavin Stone taking ALL training sessions, so it's just like having your own personal trainer. Canberra Boot Camp is continuously developing the program which is designed and led by Fitness ACT fitness professional of the year, so you know you are being trained by the best!

Q. Your prices are lower than other Boot Camp programs. Does this mean that your quality of service is lower?

A. Most certainly not. Canberra Boot Camp prides itself on being the best, as is evident by our program; not our price. However as training is our priority -and we so desperately want people to improve their lives through fitness and clean living- we provide program prices that enable participants from all demographics in Canberra to participate.



Q. How do I know my levels of fitness will improve with your program?

A. Above all else, Canberra Boot Camp head trainer Gavin Stone operates with the philosophy of 'do as I do, not just as I say'. Therefore we know you will have the best possible opportunity – in combination with a solid diet – to really achieve results. Gavin Stone has trained extensively at Thailand Muay Thai camps as well as modern forms of western training and is therefore committed to proving his training methods work. Canberra Boot Camp is developed and designed to deliver results.

Q. Is your program safe? I have heard there are dangers in Boot Camps, and the look of sledgehammer training seems a bit extreme.

A. No matter which type of fitness training you embark on there will be an element of risk. Canberra Boot Camp is fully insured through Fitness Australia partner Marsh Insurance and therefore acts within the guidelines of our insurance policy. Canberra Boot Camp allows participants to work at suitable, results based level; we eliminate a large amount of risk, both physical and mental. You will be fully instructed on sledgehammer training as well as boxing and Muay Thai technique. Additionally, Gavin Stone is fully qualified in First Aid by Sports Medicine Australia.

Q. Will you yell at me?

A. Whilst you may have had this thrown at you at other Boot Camps, we can assure you that it will not be the case at Canberra Boot Camp. We believe in teaching our participants to be in control, and to use that control to work at the highest possible level. Yelling at people is nonsense that is best left in the movies. We are real world.

Q. Your program seems a bit serious, is it actually any fun?

A. Our program is very fun. You will meet people from around your local region and make new friends and contacts as has shown in previous Gavin Stone led programs. Our training venues are the most scenic facilities in Canberra. To top it off you will be improving your levels of fitness and creating an enjoyable lifestyle.

Q. I have a group of a colleague that are interested in having a custom program designed for us, is this possible?

A. Yes, of course. We can tailor a program to suit your needs, whether it is time, day, venue and even specific type of training.

Q. Is your program suitable for high performance sporting teams?

A. Yes. The basis of the Stone Training System is to improve all qualities of fitness. Although not realised in the past, it is now becoming apparent that this training focus will produce high performance athletes. Our program will take your team to the next level.

Q. What are my options for payment?

A. We make it easy for you, accepting cash, cheque, direct deposit and leading credit cards through the security of Pay Pal.

