

Simple Example 3 day All Inclusive Personal Training Programme

Day	Activity & Time	Breakfast	Activity & Time	Lunch	Activity & Time	Activity & Time		Personal Administration time	Dinner
Friday	0745-0830	0845 - 0930	1000-1130	1230-1330	1400-1530	1600-1830			1930
	Fitness test & programme design discussion.		Nordic Mountain Walk		MSE	Tabata drills & Swim			
Saturday	0800 - 0900	0915 - 1015	1100-1230	1230-1330	1400-1500	1500-1630	1700-1800		1930
	Beach walk/ run		Bosu Training & Aqua tone		MSE	Mountain biking	Massage		
Sunday	0800 -0900	0915 - 0945	1000-1200	1230-1330	1445-1545	1615- 1715	1715-		1930
	Volcanic Hike & Meditation		MSE & Core		Boxercise	Flexibility, Nutrition and home programme	Optional extra		

NB. This is an example. Your training programme will be modified. However please remember that this is a Personal Training Holiday.

MSE= Muscular Strength Exercise

BOSU= A new piece of equipment which focuses on core stability.

Optional extra= Where you can decide on an additional activity or explore the island.