



Fitness Boot Camp



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📍 Sri Lanka - Kandy

Stay close to untouched nature and engage in physical activities and adventures to boost your fitness in Sri Lanka!

Daily physical training and activities to boost your fitness are combined in this program to offer you a most productive week in the middle of wilderness. Activities ranging from morning hikes, physical training, stretching, kayaking, calm water rafting, cliff jumping, waterfall hunting, extreme trekking and hiking are just a few events ready for you in this program.

Culture



Learning



Leisure



Community Engagement



Physical Demand



Program Description

Sri Lanka fitness boot program is specially designed for those who wish to disconnect from the mundane lifestyle and focus on personal health and fitness. The activities during this program will be customized according to each individual.

Your daily schedule will start at 0600 hrs every day and will continue until 2000 hrs and in between, there will be breaks for you to rest. Activities include physical training, stretching, walking, running, trekking at the camp. And there will be river activities such as kayaking, swimming, cliff jumping, calm water rafting, and sliding. Trekking and hiking include extreme to medium level adventures to suit everyone's fitness levels and interest levels.

A special meal plan will go along with the program so that you can get the best out of the experience. For those who aim at losing weight, or changing your lifestyles, we will provide you with instructions and proper guidance on how to continue the routines even after you finish this program.

Program features:

- Accommodation at a Camp in shared tents with well-equipped Camping gear. Bathrooms and toilets close to the tents.
- Professional trainers and ex-military instructors
- Highly supervised and guided activities
- Safety equipment up to the international standard
- Adventure and physical activities are organized according to each individual's fitness level

Program Duration & Availability

Min duration (weeks): 1

Aims & Objectives

This program aims to promote maintaining physical fitness and a healthy lifestyle, and this is for participants who wish to disconnect from their busy lives and spend a week focusing on your physical and mental health.

Schedule

Monday

0600 - 0800 Physical Training

0830 - 0900 Breakfast

0900 - 1200 Tower activities (Repelling, abseiling, wall climbing...)

1200 - 1230 Rest

1230 - 1330 Lunch

1330 - 1600 Rest

1600 - 1700 Swimming/water sports in the river

1700 - 1800 Stretching

1800 - 1900 Rest

1900 - 2000 Dinner

Tuesday

0600 - 0800 Physical Training

0830 - 0900 Breakfast

0900 - 1200 Kayaking/ calm water rafting/river activities

1200 - 1230 Rest

1230 - 1330 Lunch

1330 - 1600 Rest

1600 - 1800 Trekking to Little Dunhinda Waterfall

1800 - 1900 Rest

1900 - 2000 Dinner

Wednesday

0600 - 0800 Physical Training

0830 - 0900 Breakfast

0930 - 1100 Swimming/water sports in the river

1200 - 1300 Lunch

1300 - 1800 Hike to Peacock Hill

1800 - 1900 Rest

1900 - 2000 Dinner

Thursday

0600 - 0630 Breakfast

0630 - 1800 Hike to Kabaragala

1800 - 1900 Rest

1900 - 2000 Dinner

Friday

0600 - 0800 Physical Training

0830 - 0900 Breakfast

0900 - 1230 Tower activities/Kayaking

1230 - 1330 Lunch

1330 - 1600 Rest

1600 - 1800 Swimming/water sports in the river

1700 - 1800 Stretching

1800 - 1900 Rest

1900 - 2000 Dinner

This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.

Please let us know in advance if you are suffering from any illness/health conditions that we should know of.

Accommodation in shared camping tents at the fitness boot camp.

Starting Dates

During 2019

This program starts every week.

During 2020

This program starts every week.

Participant Criteria & Requirements

Minimum age:	-
Maximum age:	-
Minimum English level:	Basic
CRB required:	On Signup
Passport copy required:	On Signup
Resume copy required:	No
Required qualification:	None

Additional Requirements

- Participants below the age of 18 should have parental consent.
- Certified document of your medical history

Additional Equipment

Swimming cloths

Sleeping bag

Sports wear

Sandles

Insect repellent

Hat/Cap

Refillable Water Bottle

Sunscreen and Sunglasses

Pair of shoes suitable for adventure activities (Eg: Sneakers OR Climbing shoes)

Bathroom slippers

Bath Towels and Blankets