



RENEW

UPtraining FITCAMP Series' newest edition
JANUARY 11 - FEBRUARY 14 2021

RENEW

RENEW is designed to help you establish fresh healthy habits. Use this program as a chance to renew your commitment to putting your body's needs first so that you can rock your days to their utmost potential.

RENEW will include a comprehensive 5 week schedule of not only your workouts but also the nutrition protocols that best compliment each phase of the program. All of this is designed with thoughtful intention to support improved levels of strength, endurance, fat loss, energy and overall wellness. You will follow the program online via downloads, video demos and an option to join the team's private facebook Locker Room group for full support by your coach and fellow teammates.

The workouts will challenge you, but they will also bring about change and results. Plateaus will be broken and you will reach new levels of fitness. The program is broken into three phases, all of which build onto each other for safe training and maximum results. All of the workouts are adaptable with modifications.

Workout highlights include Burn Circuits, Cardio HITTs, Sculpt Sets and Hot Spots.

No matter where you are on your wellness journey, this program will give you all the tools and tips to really light you up so you can shine like new. UPtraining Team, it is time to RENEW!

HOW IT WORKS AND WHAT YOU'LL GET:

Every participant will receive:

- * Downloads (via email) of the fitness and nutrition program including workout calendar, demos and nutrition protocols.
- * An invite to join UPtraining's Locker Room, an optional private facebook group for peer interaction and ongoing coach support.

When and where you train is up to you. That is the beauty of UPtraining ONLINE. You receive quality programming and coaching with the flexibility to do it all on your own timeline and in your own space.

Minimal equipment is needed. Dumbbells and/or bands would be ideal but alternatives for increased resistance will be discussed throughout camp.

How to Register:

Reach out to your Coach Karen Arsenault at coach@uptraining.ca or visit our website www.uptraining.ca for more information.

Cost is \$65 for the entire camp.