

FITNESS BOOT CAMPS

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A fitness boot camp can shape you up. Group workouts mix traditional calisthenic and body weight exercises with interval and strength training.

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Bootcamps sind im Fitness-Trend, aber der militärische Drill entpuppt sich als moderates Zirkeltraining. Was im Sportunterricht verhasst.

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Boot camp fitness classes challenge the mind as well as the body, instructors say

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A fitness boot camp is a type of group physical training program conducted
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