



Creative Competition Circuits (Group fitness trainers) (Unique Bootcamp Workouts Book 1)

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A uniquely creative approach to group circuit training.

Structured in a fun and challenging way, these 20 Creative Circuits can either be done for fun or quickly adapted to incorporate a competing team challenge.

That's up to you to decide

Each workout is designed to allow teams to compete against one another towards a common goal.

Creative Circuits are a great way to boost the intensity

Anyhow as I was saying,

The Circuits are simple to execute, they are fun, unique and are also suitable for all levels of ability.

Whether you decide to take on the Ninja Warrior challenge or maybe the dreaded square bear, one thing's for sure. Your clients will love them.

If this sounds familiar, then this collection of highly creative completion circuits may be just what you're looking for

- I waste precious time and get frustrated trying to come up with fun and unique games
- I have lost clients and been pushed to frustration trying to find and keep new ones.
- I feel disappointed and let down when clients leave, especially for the gym or a competing Bootcamp/service

Start adding creative circuits to your workouts today.

It's a great way to provoke interest which

Keeps your clients coming back for more

But only if you want to set you apart from the competition!!

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