



Team Fitness Bootcamp

Length: 1hr .

Delivery modes: Onsite Sessions; Team Away Days

Details: A high intensity fitness session to energize your team | Great for PreWork | Lunchtime | PostWork Boosters.

Get Fit as a Team and Build A Healthy Work Culture.

This fitness bootcamp strengthens the upper/lower body and the core muscles. The session comprises a series of callisthenics, namely pushups, situps, lunges and squats, with running, jumps and other high-intensity aerobic movements.

Connect with WORKBLIS to discuss requirements - hi@workblis.com