



# 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 boot camp strengthens the upper/lower body and the core muscles. The session comprises a series of calisthenics, namely pushups, situps, lunges, and squats, with running, jumps, and other high-intensity aerobic movements.

Connect with WORKBLIS to discuss requirements - [hi@workblis.com](mailto:hi@workblis.com)