

Desert Rose

CROSS TRAINING
& TRX

FITNESS

BOOTCAMP

DESERT ROSE RESORT | HURGHADA, EGYPT



Fitness BOOTCAMP

Desert Rose Resort is delighted to offer its guests the new Fitness Bootcamps. Whether you want to kickstart an active lifestyle or make a change to your everyday routine, our high-caliber, qualified and certified trainers will make sure your holiday is an energetic experience. Making full use of the wide range of facilities at the resort, we've created a program that covers a wide range of fitness objectives (including fat loss and muscle gain) The bootcamp is designed to suite all fitness levels, ages and personal preferences

Enjoy the mental and physical benefits of exercising whilst also enjoying a change of scenery and summer fun at Desert Rose's Fitness Bootcamps, and experience a vacation that will stimulate the mind, body and soul.

DETAILS OF OUR 3-DAY FITNESS PROGRAM APPEAR BELOW.

	LOCATION	DAY 1	EXERCISE TYPE
08.00	PALM RESTAURANT	BREAKFAST	
10.00	CROSS-TRAINING STATION	MORNING WORKOUT	BODY WEIGHT
11.00	CROSS-TRAINING STATION	BOOT CAMP CHALLENGES	SINGLE LEG STAND - WALL SIT
13.00-14.00	PALM RESTAURANT	LUNCH	
15.00	ADULT POOL	FREESTYLE SWIMMING	
16.30	CROSS-TRAINING STATION	CROSS-TRAINING SESSION	“EMOM” “EVERY MINUTE ON THE MINUTE”

	LOCATION	DAY 2	EXERCISE TYPE
08.00	PALM RESTAURANT	BREAKFAST	
10.00	CROSS-TRAINING STATION	MORNING WORKOUT	CARDIO
11.00	CROSS-TRAINING STATION	BOOT CAMP CHALLENGES	SINGLE LEG STAND - WALL SIT
13.00-14.00	PALM RESTAURANT	LUNCH	
15.00	ADULT POOL	FLOAT FIT	
16.30	CROSS-TRAINING STATION	CROSS-TRAINING SESSION	“RFT” “ROUNDS FOR TIME”

	LOCATION	DAY 3	EXERCISE TYPE
08.00	PALM RESTAURANT	BREAKFAST	
10.00	CROSS-TRAINING STATION	MORNING WORKOUT	ABS & CORE
11.00	CROSS-TRAINING STATION	BOOT CAMP CHALLENGES	BALANCE - PULL UP HOLD
13.00-14.00	PALM RESTAURANT	LUNCH	
15.00	ADULT POOL	FREESTYLE SWIMMING	
16.30	CROSS-TRAINING STATION	CROSS-TRAINING SESSION	TABATA WORKOUT



DETAILS OF OUR 7-DAY FITNESS PROGRAM APPEAR BELOW.

	LOCATION	DAY 1	EXERCISE TYPE
08.00	PALM RESTAURANT	BREAKFAST	
10.00	CROSS-TRAINING STATION	MORNING WORKOUT	FUNCTIONAL MOVEMENT
13.00-14.00	PALM RESTAURANT	LUNCH	
15.00	ADULT POOL	FLOAT FIT	
16.30	CROSS-TRAINING STATION	CROSS-TRAINING SESSION	“EMOM” “EVERY MINUTE ON THE MINUTE”

	LOCATION	DAY 2	EXERCISE TYPE
08.00	PALM RESTAURANT	BREAKFAST	
10.00	CROSS-TRAINING STATION	MORNING WORKOUT	CARDIO
11.00	CROSS-TRAINING STATION	BOOT CAMP CHALLENGES	BURPEES AND CRUNCHES
13.00-14.00	PALM RESTAURANT	LUNCH	
16.30	CROSS-TRAINING STATION	CROSS-TRAINING SESSION	“RFT” “ROUNDS FOR TIME”

	LOCATION	DAY 3	EXERCISE TYPE
08.00	PALM RESTAURANT	BREAKFAST	
10.00	CROSS-TRAINING STATION	MORNING WORKOUT	CORE AND BACK FIT
13.00-14.00	PALM RESTAURANT	LUNCH	
15.00	ADULT POOL	FLOAT FIT	
16.30	CROSS-TRAINING STATION	CROSS-TRAINING SESSION	TABATA WORKOUT

	LOCATION	DAY 4	EXERCISE TYPE
08.00	PALM RESTAURANT	BREAKFAST	
10.00	CROSS-TRAINING STATION	MORNING WORKOUT	HIT CARDIO
11.00	ADULT POOL	SWIMMING	
13.00-14.00	PALM RESTAURANT	LUNCH	
16.30	CROSS-TRAINING STATION	CROSS-TRAINING SESSION	AMRAP WORKOUT “AS MANY ROUNDS AS POSSIBLE”

DETAILS OF OUR 7-DAY FITNESS PROGRAM APPEAR BELOW.

	LOCATION	DAY 5	EXERCISE TYPE
08.00	PALM RESTAURANT	BREAKFAST	
10.00	CROSS-TRAINING STATION	MORNING WORKOUT	ENDURANCE
11.00	CROSS-TRAINING STATION	BOOT CAMP CHALLENGES	PUSH-UP/PULL-UP
13.00-14.00	PALM RESTAURANT	LUNCH	
16.30	CROSS-TRAINING STATION	CROSS-TRAINING SESSION	CHIPPER WORKOUT

	LOCATION	DAY 6	EXERCISE TYPE
08.00	PALM RESTAURANT	BREAKFAST	
10.00	CROSS-TRAINING STATION	MORNING WORKOUT	ABS CHALLENGE
13.00-14.00	PALM RESTAURANT	LUNCH	
15.00	ADULT POOL	FREESTYLE SWIMMING	
16.30	CROSS-TRAINING STATION	CROSS-TRAINING SESSION	LADDER WORKOUT

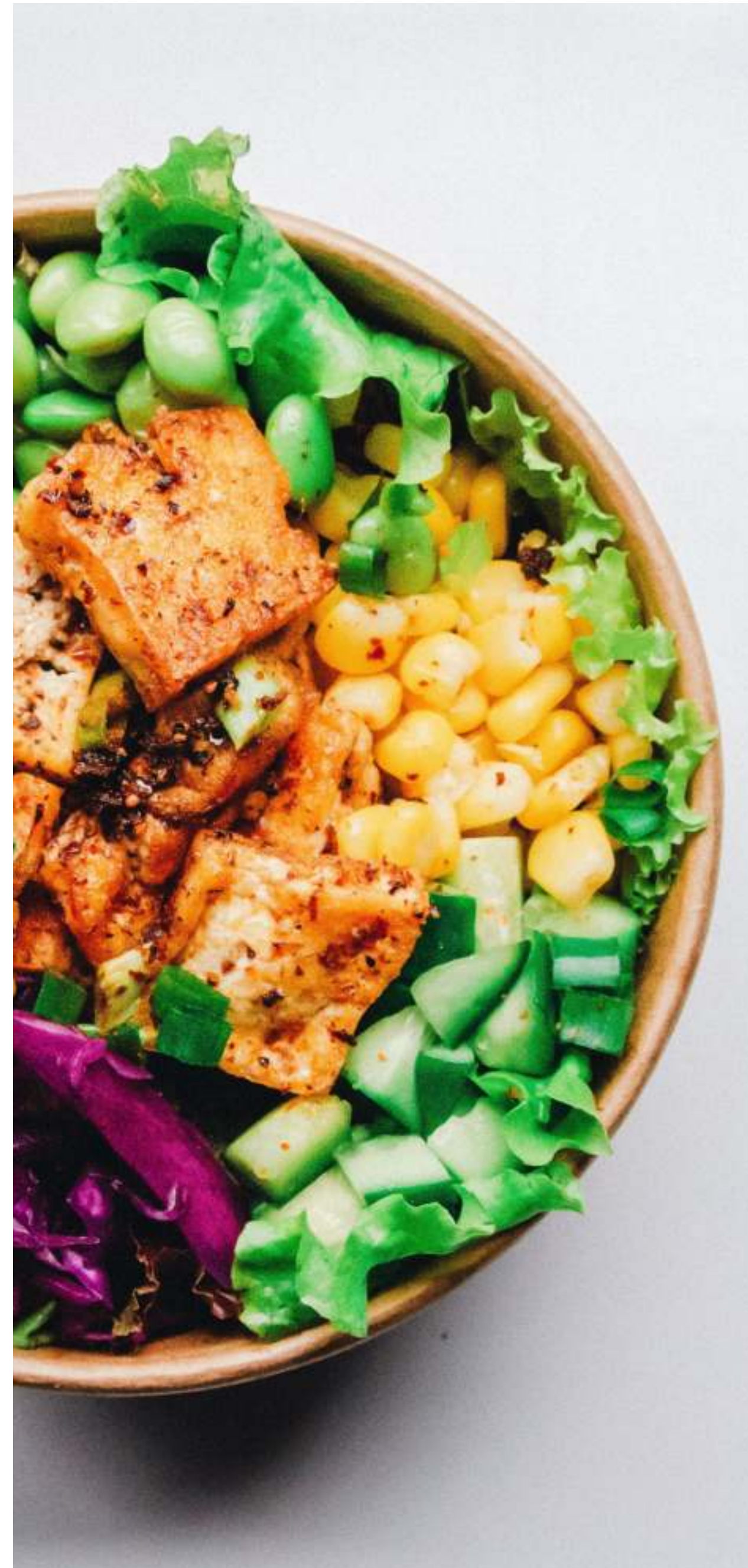
	LOCATION	DAY 7	EXERCISE TYPE
08.00	PALM RESTAURANT	BREAKFAST	
10.00	CROSS-TRAINING STATION	MORNING WORKOUT	RUNNING
11.00	CROSS-TRAINING STATION	BOOT CAMP CHALLENGES	FOOT WORKS AND PLANKS
13.00-14.00	PALM RESTAURANT	LUNCH	
16.30	CROSS-TRAINING STATION	CROSS-TRAINING SESSION	FUNCTIONAL MOVEMENT



Food

After a crash course in food and nutrition, our guests can enjoy the all-inclusive meal plan at our Palm restaurant, which offers a superb and varied selection of dishes in a buffet format. A personal trainer will offer guidance on food options and what to choose or avoid according to their fitness goals and needs. All of our guests' dietary requirements will be accommodated throughout their stay and at every meal, whether vegan, vegetarian, gluten-intolerant or on an unrestricted diet.

 Guests with special dietary requirements should notify the resort when making a reservation.



EGP1500 / \$100 per person per night

Accommodation: Double Standard Room on an all-inclusive basis

Group size: Minimum 2 persons, maximum 25 persons.

Guests 16 years and older are welcome to attend.

We regret that this offer is not open to children under the age of 16.







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