

Let's get PHYSICAL!

Fast track your way to a bikini body with a stay at a fitness bootcamp

If you've been slugging it out at the gym and still don't have your dream figure, don't be disheartened – we've found the perfect way to give your mind, body and soul some motivation.

The G.I. Jane Bootcamp in Kent (gjanebootcamp.co.uk) is an all-female retreat, promising a much-needed kick up the booty to give your body a blitz.

The army-style programme, which costs £399 for a weekend course, takes you back to basics and focuses on well-rounded fitness drills using both muscle building and aerobic exercise to work your entire body.

Geordie Shore's Vicky Pattison credits the week-long course with her now slimline figure. "Hitting the fabulous G.I. Jane bootcamp to kick start my fitness regime! #painhereicome," she tweeted at the beginning of her weight loss back in 2012.

Co-star and fellow yo-yo dieter Charlotte Crosby also spent a week feeling the burn and dropping a dress size, joining Jacqueline Jossa, Lauren Goodger (left) and Kerry Katona on the list of famous guests that have visited the bootcamp.



Using ex-navy trainers, the intensive programme not only pushes you to your limits but boosts your confidence and clues you up on diet and all things fitness.

The luxurious lodgings make 10 hours of gruelling exercise a day a little more bearable too, and the not-too-restricted diet of 1,200 calories per day means that shedding the pounds will be easier than you'd imagine.

Claire Blackmore gave it a go so you'd know exactly what you're letting yourself in for...

"I've spent an obscene amount of money on new running leggings, thermal tops, some snazzy trainers and, of course, a head torch for those early morning runs I'll almost definitely keep up when I'm back, so I'm basically fit already, right? I'm ready for pain. I'm ready to sweat. *1 hour later* Ooooh, these rooms are so nice maybe we can just have a spa weekend instead? No? Ok. Instead it's a private weigh-in (phew, the public humiliation would have tipped me over the edge), a meet and greet, a healthy salad and an early night, then. Whatever I was expecting, it just got real!"

ARRIVAL DAY

"My room-mate is basically my new best friend. We Googled melted cheese all night and moaned about how we were already hungry so we didn't get much sleep. Needless to say the 7am run was a bit of a shock to the system. The personal trainers aren't half as scary as I imagined though and are actually very encouraging. Everyone seems to have bonded already. Whether that was because of the boxing, the cross-fit, the circuits, more running or the cream cheese Ryvitas, I don't know, but we're very much in it together. My legs ache – a good sign I'm told – and a cool, casual dip in a FREEZING COLD ICE BATH is the way we relax out here apparently..."

DAY 1

"Ow. Ow. Ow. Ow. If I hadn't have had that ice bath last night I'm pretty sure I'd be in hospital right now but I'm weirdly full of motivation and ready for another day's hell, sorry, really enjoyable exercise. Morning run – check. Stretch – check. Now to row, lift weights, swing kettle bells and learn about food nutrition, all before lunch. Fast forward four hours. WOW. I EAT SO MUCH SUGAR. How did I not know? I don't even like cake. But I am enjoying not feeling bloated, plus I really like blueberries, and lifting massive weights. I am basically Gwyneth Paltrow already! Success. Things are escalating quickly though. We're now in serious fat-burning territory. TA territory. There are tyres, ropes, cones, weighted poles and lots of mud but, seeing as my clothes feel looser and I'm full of beans thanks to my Popeye-sized dose of spinach at lunch, I'm sure I will conquer this feat. This must be how soldiers feel."

DAY 2



Below and inset: Charlotte Crosby is put through her paces

Above: Vicky Pattison gets to grips with the great outdoors



Above, from left: Boot camp fans Charlotte Crosby and Vicky Pattison



Above: Lauren Goodger gets attention from a trainer!



DAY 3

"Today is our last day together and I thought by this point I would be running for the hills, shovelling pizza into my mouth and gearing up for a long lie-in, but I'm starting to wish I'd signed up for longer. I'm not gagging to press snooze, I feel refreshed and I really want to try a five-mile run without stopping. Who am I? This morning was our final push of rabid exercise. After a crisp morning run, we got weighed – 4lb had fallen off my flabby body and a couple of inches had vanished from my thighs. Not bad for a couple of days work. After a glass of fizz, some emotional speeches from our PTs (who we now all love to bits) and a serious confidence boost, our slinkier group felt ready to take on the real world, stick to decent diets and banish lazyitis forever. And there was me thinking my crisp habit could never be tamed..."



BEST OF THE REST

Name: No1 Bootcamp

Where: Norfolk

Price: Prices start from £695 per week.

What it offers: A glorious beach to work out on, some muscle men to help and the offer of a midweek massage. Fans include MIC's Spencer Matthews and former X Factor star Stevi Ritchie.

Name: Adventures In The Alps

Where: France

Price: Prices start from £1,200 per week.

What It Offers: An exotic backdrop, use of an on-site spa and tailored activities including triathlon camps.

Name: Prestige

Where: Suffolk

Price: Prices start from £999 per week.

What it offers: Five-star

dives and some serious adventure, from mountain biking to zip-wires.

Name: Fit Farms

Where: Derbyshire

Price: Prices start from £1,099 per week.

What it offers: A holistic approach to weight loss. Expect lots of pilates, yoga and country strolls with a cosy cottage stay thrown in.

Name: Champneys

Where: Nationwide

Price: Prices start from £350 for two nights.

What it offers: Pure luxury, world-class chefs and serious relaxation – after you've made the most of the health spa's personal trainers and timetable of exercise classes, of course. Hollyoaks girls Jorgie Porter and Jennifer Metcalfe are fans.