

UNDERGROUND TRAINING SYSTEM

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The Underground Training System is an outdoor based fitness program developed by leading Canberra personal trainer Gavin Stone.

The basis of the Underground Training System is a series of unique exercises away from the clean, fancy and unfortunately over commercialised gym atmosphere. This style of training is very much the original form of fitness training, when people trained with purpose, and with the intention of achieving results.

Boot Camps offered by fitness service providers have become very popular over the past few years, however many programs lack substance, and are subsequently outdoor fitness classes.



Many programs also don't follow the important principles of progressive overload- where a variable must be altered over time for the body to make adaptations. And more significantly there has been a theory of thought that Boot Camps are about pushing participants beyond physical and mental limitations with yelling and shouting from instructors; which is irresponsible, unprofessional and can mentally, if not physically, hurt participants wellbeing.

The name boot camp is derived from defence force military fitness programs and old school boxing training camps such as Big Bear. These are programs which prepare soldiers and prize fighters for battle. These Boot Camps were strategically designed to achieve results, not hype.

The Underground Training System is designed on these same solid principles in that participants work on different variables of fitness in a controlled fashion. Additionally appropriate progressive overload is applied, where either the variable of frequency, intensity, time or type is changed to stimulate the body into making adaptations.

The Underground Training System primarily works through six types of training styles: underground training, bodyweight challenges, boxing fitness, hikes, Muay Thai boxing fitness and roadwork.



The Underground Training System provides the following benefits to participants:

- Increase in cross-variables of fitness (cardiovascular, strength, endurance, reaction time, agility, flexibility etc)
- Weight loss
- Improved self esteem & confidence
- Improved self discipline
- Team work

Programs are available for:

- General public through seasonal scheduled Boot Camp programs
- Private groups
- Corporate organisations
- Government organisations
- Sporting teams

Staff

Director Gavin Stone (02) 6297 7979 fitness@undergroundtrainingsystem.com

Q & A

Q. I have not previously or recently completed much training, and I am concerned my fitness level will not handle your program. Will I be able to cope?

A. Our program is specifically designed and applied through session plans to cater for all levels of fitness. You will be able to work at a pace that will allow you to achieve results, whether it be high performance or general participant.

Q. I have tried other Boot Camps in Canberra, why is yours different?

A. Other fitness service providers in Canberra do a very good job providing Boot Camp programs. However we are superior in that training is our number one priority, not just acquiring your money. We are continuously developing our program both nationally and internationally to become a world leader in group fitness training. The program is designed and led by 2007 Fitness ACT fitness professional of the year Gavin Stone, so you know you are being trained by the best!

Q. Your prices are lower than other Boot Camp programs. Does this mean that your quality of service is lower?

A. Most certainly not. We pride ourselves on being the best. However, as training is our priority, and we so desperately want people to improve their lives through fitness and clean living, we provide program prices that enable participants from all demographics in Canberra to participate.

Q. How do I know my levels of fitness will improve with your program?

A. Above all else, our trainers operate with the philosophy of 'do as I do, not just as I say'. Therefore we know you will have the best possible opportunity – in combination with a solid diet – to really achieve results. Our trainers are committed to proving our training methods work, and display this through competition in various sports. If we are not training with you, we are training – with the same methods you used – elsewhere.



Q. Is your program safe? I have heard there are dangers in Boot Camps, and the look of sledgehammer training seems a bit extreme.

A. No matter which type of fitness training you embark on there will be an element of risk. As we allow participants to work at a suitable, results based level, we eliminate a large amount of risk, both physical and mental. You will be fully instructed on sledgehammer training. Additionally, all of our trainers are fully qualified in First Aid by Sports Medicine Australia.

Q. Will you yell at me?

A. Whilst you may have had this thrown at you at other Boot Camps, we can assure you that it will not be the case in ours. We believe in teaching our participants to be in control, and to use that control to work at the highest possible level. Yelling at people is nonsense that is best left in the movies. We are real world.

Q. Your program seems a bit serious, is it actually any fun?

A. Our program is very fun. You will meet people from around your local region and make new friends and contacts. Our training venues are the most picturestic facilities in Canberra. To top it off you will be improving your levels of fitness and creating an enjoyable lifestyle.

Q. I have a group of colleagues that are interested in having a custom program designed for us, is this possible?

A. Yes, of course. We can tailor a program to suit your needs, whether it be time, days, venue and even specific type of training.

Q. Is your program suitable for high performance sporting teams?

A. Yes. The basis of the Underground Training System is to improve all qualities of fitness. Although not realised in the past, it is now becoming apparent that this training purpose will produce high performance athletes. Our program will take your team to the next level.

Q. What are my options for payment?

A. We make it easy for you, accepting cash, cheque, direct deposit and leading credit cards through the security of Pay Pal.

