



# BESTFIT CHALLENGE

MILITARY-STYLE TRAINING AND FITNESS BOOT CAMPS HAVE, AND CONTINUE TO BE, HUGELY POPULAR, WHICH IS WHY THIS MONTH'S CHALLENGE HAS AN 'ASSAULT-COURSE' FLAVOUR TO IT.

"More people are turning to functional training rather than their standard 'split-routine training' on the gym floor," explains Allister McMaster, former professional rugby player turned level 2 and level 3 personal trainer, and the man responsible for this month's task. Gym-owner Allister knows his onions when it comes to Kettle bells, sports nutrition, gym-based boxing and spin circuits, which is why we're letting him loose on your body.

"This specific challenge will help you to improve your cardiovascular fitness, speed and agility," he continues. "It will also improve your muscular strength, muscular endurance and power, as well as improve your balance, activate your core, improve your flexibility and range of motion. This challenge is also designed to help when it comes to fat loss and muscle gain.

"Our body is designed to move," he continues. "We are focusing on training improvement patterns rather than isolating specific muscle groups.

"Each task is designed to target your muscles in a different plane of motion (different angles) and also target both slow (type 1) and fast-twitch (type 2) fibres. This all-over body workout will challenge your ability by pointing out your weakness and strengths, which you can address afterwards."

So, here we go then... the aim of the challenge is to complete all the exercises (right) correctly and in the quickest time possible from start to finish.

**(NOTE: YOU WILL NEED ACCESS TO A CLIMBING ROPE IF POSSIBLE. YOU'LL ALSO NEED A TYRE, SOME KETTLE BELLS AND A SHED LOAD OF DETERMINATION.)**

## THE EXERCISES

### MONKEY BARS

### PRAWLER PUSH

30KG (20 METRES)

### SLEDGE SPRINT

40KG (20 METRES)

### BURPEE + PLYOMETRIC SQUAT JUMP

(10 METRES)

### CRAB WALK

(10 METRES)

### 16KG KETTLE BELL SWING

X 10

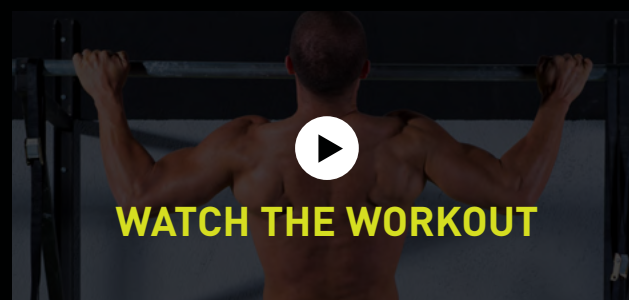
### 25KG TYRE FLIPS

20 METRES

### V - SIT-UPS

X 10

**SEND US YOUR IMAGES OR VIDEOS OF THE CHALLENGE AND YOU COULD GET YOUR HANDS ON A FREE BESTFIT T-SHIRT.**



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